LIFE'S BEGINNINGS

WISDOM AND COUNSEL FOR DAILY GUIDANCE

Mrs Eileen Cameron

Milton F. C.

Sabbath School

With New year
Wishes from
the Supt.
1914

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Life's Beginnings

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Wisdom and Counsel for Daily Guidance

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Preface

AMONG the many collections of quotations which have been issued from time to time, there is none that quite fills the place which it is hoped this volume will occupy.

While it is so designed as to be of interest to readers of any age who are capable of appreciating the best thoughts of the wisest and most spiritually-minded of old time and modern writers, it is specially intended, as its title indicates, for those who, standing on the threshold of life, need just a word of counsel and help and guidance for each day as it comes.

On every page the first place is given to a quotation from the Scriptures; and the texts from the New Testament are in each case quoted from the late Dr. Weymouth's "New Testament in Modern Speech," by kind permission of the family of the translator. The forceful and original rendering of this well-known and popular translation gives a new power and a

fresh meaning to the Divine message; and the passages quoted in the pages of this book will, it is hoped, be appreciated.

The compilers gratefully acknowledge their indebtedness to the Right Rev. H. C. G. Moule, Bishop of Durham, and to Messrs. Seeley and Co., Ltd., for permission to quote from "At the Holy Communion," "Thoughts on Christian Sanctity," and "Secret Prayer"; to Messrs. J. Nisbet and Co., Ltd., for the use of verses from the poems of Frances Ridley Havergal; to Messrs. James Clarke and Co., for permission to reprint verses by Marianne Farningham; to Messrs. Hodder and Stoughton, for permission to use extracts from "Week-Day Religion," by J. R. Miller, D.D., and from "Laws of Christ for Common Life," by R. W. Dale, D.D.; to Mrs. K. F. Clark, for her kindness in permitting the use of extracts from the writings of her father, the late Mr. S. W. Partridge; to Messrs. Macmillan and Co., Ltd., for kindly consenting to the use of quotations from Mrs. Humphrey Ward's valued translation of Amiel's Journal; to the Religious Tract Society for permission to quote from Bishop Welldon's "Be Strong";

to the family of the late Dr. Andrew Bonar, for their kind consent to the use of extracts from his various works; and to Messrs. Longman, Green and Co., for the use of quotations from "The Claims of the Common Life" and "Counsels for the Young," by Bishop Mandell Creighton, and to others whose names appear in the book.

In some cases it has been impossible to trace the authorship of the thoughts quoted, and in a few others, although the author of the quotation is known, all efforts to trace the ownership of the copyright have failed. Where this has occurred the compilers trust that the author, if living, or the owner of the copyright, will accept their apologies for what might seem a want of courtesy; and they will be glad if their attention is drawn to any such case, or to any errors that may have crept into the volume, in order that the same may be remedied in future impressions.

Give me a faithful heart,
  Likeness to Thee,
That each departing day
  Henceforth may see
Some work of love begun,
Some deed of kindness done.

January 1

Let your heart therefore be perfect with the Lord our God, to walk in His statutes, and to keep His commandments, as at this day.

1 Kings viii. 61.

Father, let me dedicate
All this year to Thee,
In whatever worldly state
Thou wilt have me be;
Not from sorrow, pain, or care
Freedom dare I claim,
This alone shall be my prayer—
Glorify Thy name. L. TUTTIETT.

Thou, Lord, who knowest my heart, all its desire and all its need, show me what Thou art able to do with it, and do what Thou art able; through Jesus Christ. Amen.

H. C. G. MOULE.

Of nothing can we be more sure than this: that, if we cannot sanctify our present lot, we could sanctify no other. JAMES MARTINEAU.

When you cannot tell in so many words what true religion is, exhibit it by your actions. Show by your life what grace can do. There is no language in the world so eloquent as a holy life. Men may doubt what you say, but they will believe what you do.

January 2

And thou shalt do that which is right and good in the sight of the Lord.—Deut. vi. 18.

Take my hands, and let them move
At the impulse of Thy love.
Take my feet, and let them be
Swift and "beautiful" for Thee.
Take my intellect, and use
Every power as Thou shalt choose.

F. R. Havergal.

Heavenly Master, I am Thine and Thou art mine. Show me evermore Thy heart of love, the secret of the Lord. Let nothing ever overcast this sacred friendship, to which Thou hast called me. Everywhere, always, keep me abiding in Thy love; according to the working whereby Thou art able to subdue all things to Thyself. Amen. H. C. G. Moule.

Let us be just; let us be true. Let us prefer to look for the good, and to mark it well. Let it please us to find at least one virtue, where there seems only faults. That will be worth more to us than adroitly marking imperfections and keeping carefully silent about good qualities. Charles Wagner.

January 3

Do you not know that you are God's Sanctuary, and that the Spirit of God has His home within you?—1 Cor. iii. 16.

I'll come to Thee, O Jesus Christ!
I'll Thy disciple be;
Not tears, not deeds, but self I'll bring,
Because Thou callest me.

I'll strive to do Thy blessed will,
Renounce my foolish ways,
And live a life, though stained by sin,
More worthy of Thy grace.

B. Waugh.

We must not wait to make ourselves better before we offer our hearts to Jesus. We must bring them to Him, and offer them to Him as they are. P. B. Power.

Seek to see Him in all things, and in all things He will come nigh to you.

E. B. Pusey.

I yield my life to Thy command,
To Thee I consecrate my days;
Perpetual blessings from Thine hand
Demand perpetual songs of praise.

If ye cannot be His as entirely as ye would, be His as much as ye may attain unto.

Tauler

January 4

If we live, we live to the Lord: if we die, we die to the Lord. So whether we live or die, we belong to the Lord.—Romans xiv. 8.

Abide with me from morn till eve,
For without Thee I cannot live. KEBLE.

To live well in one's place in the world, adorning one's calling, however lowly, doing one's most prosaic work diligently and honestly, and dwelling in love and unselfishness with all men, is to live grandly. To fight well the battle with one's own lusts and tempers, and to be victorious in the midst of the temptations and provocations of daily life, is to be a Christian hero. J. R. MILLER.

You will find it less easy to uproot faults than to choke them by gaining virtues. Do not think of your faults; still less of others' faults. In every person who comes near you look for what is good and strong; honour that; rejoice in it; and, as you can, try to imitate it; and your faults will drop off, like dead leaves when their time comes. RUSKIN.

We must leave nothing undone that we may obtain virtue and wisdom in this life. Noble is the prize, and great the hope. SOCRATES.

January 5

Turn thou to thy God; keep mercy and judgment, and wait on thy God continually.
Hosea xii. 6.

Father, whate'er of earthly bliss
Thy sovereign will denies,
Accepted at Thy throne of grace
Let this petition rise.

Give me a calm and thankful heart,
From every murmur free;
The blessings of Thy grace impart,
And make me live to Thee.

ANNE STEELE.

Mind your own business with your absolute heart and soul; but see that it is a good business first.

Let every dawn of morning be to you as the beginning of life, and every setting sun be to you as its close. RUSKIN.

Never rail nor taunt. The one is rude, the other scornful, and both evil.

WILLIAM PENN.

Before you begin, consider; and when you have considered, act. CICERO.

January 6

Full of joyful hope, patient under persecution, earnest and persistent in prayer.
Romans xii. 12.

Courage, brother! do not stumble,
Though thy path be dark as night;
There's a star to guide the humble:
"Trust in God, and do the right."
Though the road be long and dreary,
And its ending out of sight,
Foot it bravely—strong or weary;
"Trust in God, and do the right."
N. Macleod.

Let us never take part in, nor sanction, amusement or anything else in which the Christian standard has to be lowered in deference to the world's banner, and where we have, as it were, to doff the white badge of our high calling, and don the coloured one of society, in order to escape unnoticed.
Charlotte Murray.

Try to be honest, you will believe in honesty; pure, and you will believe in purity; sincere, and you will no longer doubt the sincerity of others; benevolent, and you will be amazed to discover how many amiable people there are.
Charles Wagner.

January 7

The just shall live by his faith.—Hab. ii. 4.

Oh how we need from day to day
A guiding hand for all the way;
Oh how we need from hour to hour
That faithful, ever present power!

F. R. HAVERGAL.

Do not look forward to the changes and chances of this life in fear; rather look to them with full hope that, as they arise, God, whose you are, will deliver you out of them. He has kept you hitherto. Do you but hold fast to His dear hand, and He will lead you safely through all things; and, when you cannot stand, He will bear you in His arms. Do not look forward to what may happen to-morrow. Our Father will either shield you from suffering, or He will give you strength to bear it.

FRANCIS DE SALES.

Unless Thou show to us Thine own true way,
No one can find it; Father, Thou must lead!

MICHAEL ANGELO.

Who like Thyself my Guide and Stay can be?
Through cloud and sunshine, Lord, abide with me!

H. F. LYTE.

January 8

Make His kingdom and righteousness your chief aim.—Matthew vi. 33.

Looking to God,
  Ever serener,
Working or suffering,
  Be thy demeanour,
In the shade of His presence
  The rest of His calm,
The light of His countenance,
  Live out thy psalm;
Strong in His faithfulness,
  Praise Him and sing,
Then as He beckons thee,
  "Doe the nexte thynge." ANON.

The true way to live is to bring to each duty that comes to our hand our wisest thought and our best skill, doing what appears to us at the time to be the right thing to do, and then leaving it, never regretting nor fretting about results. God has promised to guide us; and if we are living in true relation to Him, we may expect guidance moment by moment, as we go on. J. R. MILLER.

To be true and to be loving is the secret of Christian growth. DEAN FARRAR.

January 9

Thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might.—Deuteronomy vi. 5.

More of Thy presence, Lord, impart,
More of Thine image let me bear;
Erect Thy throne within my heart,
And reign without a rival there.

Life should be the same as love. There is no life worth living which does not give as much as it can give; that is, as much as it receives, or rather as much as it can receive. It is not wrong in youth to take pleasure, but to take it and not give it, that is base. Brighten darkened lives, soften the road, make a sunshine of peace in stormy places, cover the faults and follies of others with the flower of love. That is the best religion, the life of Christ, the very life of God. STOPFORD BROOKE.

True glory consists in so living as to make the world happier and better for our living.

Enter not into the path of the wicked, and go not in the way of evil men. SOLOMON.

He is gentle who does gentle deeds.
CHAUCER.

January 10

Seek the Lord, and ye shall live.—Amos v. 6.

The little worries which we meet each day,
May lie as stumbling blocks across our way;
Or we may make them stepping-stones to be
Of grace, O Lord, to Thee.

A. E. Hamilton.

If at any time we are feeling gloomy, despondent, and self absorbed, there is no better remedy than at once to turn our attention from ourselves to others, and see what we can do to brighten some life overshadowed by greyer skies than our own. Charlotte Murray.

Do not form your plan of life as if you had a thousand years to live; but live a good life while you do live and it is in your power.

Marcus Aurelius.

There could be no better test of life's actions than the question, "How will this appear when I look back upon it from the end? Will it give me pleasure or pain?"

We are not here to make a living, but a life; to grow to do God's will; to leave at least one spot of the world a little brighter and better.

J. R. Miller.

January 11

Judge not, that you may not be judged.
Matthew vii. 1.

Look thou with pity on a brother's fall,
But dwell not with stern anger on his fault;
The grace of God alone holds thee, holds all;
Were that withdrawn, thou too would'st swerve and halt. J. Edmeston.

It is useless for each to stand and think what are his individual rights against each other. We must not calculate with scrupulous exactness what is due to our own dignity; we must not try to reckon too accurately how many times more than seven it is right for us to forgive our brother his trespasses.
Creighton.

Let us be silent to each other's weakness. helpful, tolerant, very tender towards each other! Or, if we cannot feel tenderness, may we at least feel pity. Amiel's Journal.

It is only a poor sort of happiness that could ever come by caring very much about our own narrow pleasures. George Eliot.

If you wish your merit to be known, acknowledge that of other people.

January 12

Bear in mind the words of the Lord Jesus, how He Himself said, "It is more blessed to give than to receive."—Acts xx. 35.

If aught good thou canst not say
Of thy brother, foe, or friend,
Take thou, then, the silent way,
Lest in word thou shouldst offend.

ANON.

Take easy work if you will, work that costs you nothing; give only what you will not miss; spare yourself from self-denial and waste and sacrifice; but be not surprised if your hands are empty in the harvest time. We must give if we are to receive; we must sow if we would reap. J. R. MILLER.

Don't look for flaws as you go through life;
And even when you find them
It is wise and kind to be somewhat blind,
And look for the virtue behind them.

Good nature is the very air of a good mind; and the peculiar soil in which virtue prospers.

GOODMAN.

Let us then be what we are, and speak what we think, and in all things
Keep ourselves loyal to truth.

H. W. LONGFELLOW.

January 13

Rejoice not when thine enemy falleth, and let not thine heart be glad when he stumbleth.
Proverbs xxiv. 17.

Knowest thou Him who forgave with
The crown of thorns round His temples ?
Earnestly prayed for His foes, for His murderers ?
Say, dost thou know Him ?
Ah ! thou confessest His name, so follow likewise His example,
Think of thy brother no ill.

H. W. Longfellow.

Hear as little as you possibly can to the prejudice of others ; believe nothing of the kind unless you are forced to believe it ; never circulate, nor approve of those who circulate, loose reports ; moderate as far as you can the censure of others ; always believe that if the other side were heard a very different account would be given of the matter.

Dean Farrar.

Cherish Christian love, and it will teach you instinctively to make allowances for one another, and without effort, without knowledge, to help one another onward in your Christian course.

Creighton.

January 14

Whoso keepeth the commandment shall feel no evil thing.—Ecclesiastes viii. 5.

Thou that hast given so much to me,
Give one thing more,—a grateful heart.
GEORGE HERBERT.

So use present pleasures that thou spoilest not future ones. SENECA.

Every gift which is good, and every perfect boon, is from above, and comes down from the Father, who is the source of all light.
ST. JAMES.

Everything keeps its best nature only by being put to its best use.
PHILLIPS BROOKS.

The flickering torch
That serves to light a hundred neighbour lamps,
Still burns undimmed. Just so, the generous gift
Impoverishes not the giver's self.
Rather enriches him. S. W. PARTRIDGE.

We have no light promised us to show us our road a hundred miles away, but we have a light for the next footstep, and if we take that we shall have a light for the one which is to follow. MARK RUTHERFORD.

January 15

So greatly did God love the world that He gave His only Son, that every one who trusts in Him may not perish but have the Life of the Ages.—John iii. 16.

O Thou bounteous Giver of all good,
Thou art of all Thy gifts Thyself the crown!
Give what Thou canst, without Thee we are poor,
And with Thee rich, take what Thou wilt away.
COWPER.

The weakest among us has a gift, however seemingly trivial, which is peculiar to him, and which, worthily used, will be a gift also to his race for ever. RUSKIN.

The best thing to give your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to a father, deference; to a mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.
MRS. BALFOUR.

Every gift which is given, even though it be small, is in reality great, if it be given with affection. PINDAR.

January 16

And so there remain Faith, Hope, Love—these three; and of these the greatest is Love.
1 Corinthians xiii. 13.

Love is patient and kind. Love knows neither envy nor jealousy.—1 Cor. xiii. 4.

O Love of God! How strong and true,
Eternal, and yet ever new;
Uncomprehended and unbought,
Beyond all knowledge and all thought.
H. Bonar.

To love God is to love His character. For instance, God is Purity; and to be pure in thought and look, to turn away from unhallowed books and conversation, to abhor the moments in which we have not been pure, is to love God. God is Love; and to love others till private attachments have expanded into a philanthropy which embraces all at last—even the evil and enemies—with compassion, that is to love God. God is Truth; to be true, to hate every form of falsehood, to live a brave, true, real life—that is to love God. F. W. Robertson.

Love's secret is to be always doing things for God, and not to mind because they are such very little things. F. W. Faber.

January 17

This is My commandment to you, to love one another as I have loved you.—John xv. 12.

Mutual love the token be,
Lord, that we belong to Thee;
Love, Thine image, Lord impart;
Stamp it on our face and heart;
Only love to us be given;
Lord, we ask no other heaven.

C. Wesley.

The world is too full of unloving people, and that is why it is so poor and unsatisfying. The golden key to all the treasures of this universe is not power, nor money, but *love*.

Marianne Farningham.

The gate of heaven is love. There is no other. When generous acts bloom from unselfish thoughts the Lord is with us, though we know it not. Lucy Larcom.

Love as many persons and as many creatures as you possibly can. Love is the only power by which you can make yourself rich in a moral world. John Stuart Blackie.

Let everything be done for love, nothing for fear. Love obedience more than you fear disobedience. S. Francis de Sales.

January 18

The command which we have from Him is that he who loves God must love his brother man also.—1 John iv. 21.

Oh, how skilful grows the hand
That obeyeth love's command!
It is the heart and not the brain
That to the highest doth attain;
And he who followeth love's behest
Far excelleth all the rest.

H. W. Longfellow.

Love is the greatest thing that God can give us, for Himself is love; and it is the greatest thing we can give to God, for it will also give ourselves, and carry with it all that is ours.

Jeremy Taylor.

If we love others as Christ loves them we will always seek to please them. We will always be gentle and kind, speaking in love when we must say anything unpleasant, anything that will give pain.

J. R. Miller.

Be diligent, after thy power, to do deeds of love. Think nothing too little, nothing too low, to do lovingly for the sake of God.

E. B. Pusey.

January 19

May the Lord teach you to love one another.
1 Thessalonians iii. 12.

Jesus calls us : by Thy mercies,
Saviour, make us hear Thy call,
Give our hearts to Thine obedience,
Serve and love Thee best of all.
C. F. Alexander.

None of us can measure the power of endurance in the love of God. It never tires. It fainteth not, neither is weary. It bears all things, believes all things, hopes all things, endures all things. It watches over us during the hours of our insensibility to its presence, touching us ever and anon, speaking to us ; and summoning us to arise to a nobler, better life, more worthy of ourselves, more glorifying to Him. F. B. Meyer.

Remember that charity thinketh no evil, much less repeats it. There are two good rules which ought to be written on every heart : never believe anything bad about anybody unless you positively know it is true ; never tell even that unless you feel that it is absolutely necessary, and that God is listening while you tell it. Henry van Dyke.

January 20

If any one says that he loves God, while he hates his brother man, he is a liar; for he who does not love his brother man, whom he has seen, cannot love God, whom he has not seen.

1 John iv. 20.

Let love through all my conduct shine,
An image fair, though faint, of Thine;
Thus let me His disciple prove
Who came to manifest Thy love. ANON.

We may, if we choose, make the worst of one another. Everyone has his weak points; everyone has his faults; we may make the worst of these. But we may also make the best of one another. By loving whatever is lovable in those around us, love will flow back from them to us, and life will become a pleasure instead of a pain; and earth will become like heaven, and we shall become not unworthy followers of Him whose name is Love.

DEAN STANLEY.

Each day should be distinguished by at least one particular act of love. LAVATAR.

Grow three ways, like a tree—downward, in love to Jesus; upward, nearer to God; outward, refreshing others round you.

M. E. BRISCOE.

January 21

He who is destitute of love has never had any knowledge of God; because God is love.

1 John iv. 8.

If we love one another, God continues in union with us, and His love in all its perfection is in our hearts.—1 John iv. 12.

Lovest thou God as thou oughtest,
Then lovest thou likewise thy brethren.

H. W. Longfellow.

Do right, and God's recompense to you will be the power of doing more right. Give, and God's reward to you will be the spirit of giving more. Love, and God will pay you with the capacity of more love; for love is Heaven—love is God within you. F. W. Robertson.

A boy was once asked what love was. He thought for a moment, and then said, "Love gives smooth answers to rough questions."

Mrs. Balfour.

Deep love can do much, even when in deep poverty.

That you may be loved, be worthy to be loved. Ovid.

January 22

Let us love one another; for love has its origin in God, and every one who loves has become a child of God and is beginning to know God.—1 John iv. 7.

It is not the deed we do,
Though the deed be never so fair,
But the *love* that the dear Lord looketh for,
Hidden with lowly care
In the heart of the deed so fair.

The *love* is the priceless thing,
The treasure our treasures must hold,
Or ever the Lord will take the gift,
Or tell the worth of the gold
By the *love* that cannot be told.

CHRISTINA ROSSETTI.

God's will for us is that we should love, pouring out our heart's richest treasures upon others, not asking meanwhile for any return. Loving is its own best return and reward.

J. R. MILLER.

Love is not getting, but giving; not a wild dream of pleasure, and a madness of desire—oh, no, love is not that—it is goodness and honour and peace and pure living; yes, love is that; and it is the best thing in the world, and the thing that lives longest.

HENRY VAN DYKE.

January 23

Yea, I have loved thee with an everlasting love.—Jeremiah xxxi. 3.

O Love that will not let me go,
I rest my weary soul on Thee;
I give Thee back the life I owe,
That in Thine ocean depths its flow
May richer, fuller be.

G. Matheson.

Do not let your vanity and self love make you suppose that people become your friends at first sight, or even upon a short acquaintance. Real friendship is a slow grower, and never thrives unless ingrafted upon a stock of known and reciprocal merit. Lord Chesterfield.

Friendships are best formed at home.

Solon.

Friends will not believe you love them if you constantly remind them of their little faults.

Bishop Ken.

Judge not thy friend until thou standest in his place.

Owe nothing to anyone except mutual love; for he who loves his fellow man has satisfied the demands of Law. St. Paul.

January 24

He who professes to be continuing in Christ is Himself also bound to live as He lived.

1 John ii. 6.

I believe in the good, great world, and love it;
I love and believe in man, and the call
Of the soul that is in it, and yet above it—
I believe in the God who made it all.

WINIFRED SCOTT MOODY.

It is not the circumstances of our life that give it its character, but our relations to God under any circumstances. F. CONGREVE.

We do not all have genius; but to all is given the power to grow in strength and worth of noble character. J. VICKERY.

No change of circumstances can repair a defect of character.

Wish rather to be well spoken of than to be rich. MENANDER.

I look upon the simple and childish virtues of veracity and honesty as the root of all that is sublime in character. Speak as you think, be what you are, pay your debts of all kinds.

EMERSON.

January 25

May God Himself, who gives peace, make you entirely holy; and may your spirits, souls and bodies be preserved complete, and be found blameless at the coming of our Lord Jesus Christ.—1 Thessalonians v. 23.

Go put your creed into your deed,
Nor speak with double tongue. EMERSON.

So long as one's personal character is not solid and permeated through and through by the grace of God, there can be little guarantee of a sustained efficiency. THAIN DAVIDSON.

It needs no courage to swim with the stream; but it does need a stout heart to be willing to stand alone against a host of adversaries.
G. EVERARD.

If I take care of my character, my reputation will take care of itself. D. L. MOODY.

It is by the often repeated choice in little things that our characters are fixed.
S. WILBERFORCE.

Small kindnesses, small courtesies, small considerations, habitually practised in our social intercourse, give a greater charm to the character than the display of great talents and accomplishments. M. A. KELSEY.

January 26

Be wakeful, all of you, and keep on praying, that you may not come into temptation.

Mark xiv. 38.

Ne'er suffer sleep thine eyes to close
Before thy mind hath run
O'er every act, and thought, and word,
From dawn to set of sun.

For wrong take shame, but grateful feel
If just thy course hath been ;
Such effort day by day renewed
Will ward thy soul from sin.

PYTHAGORAS.

How many faults would be avoided, how many sharp regrets spared us, if we would consider sometimes that a word or an act may irreparably wound those whom we love!

CHARLES WAGNER.

Of all the subtle spirits, the spirit of pride is the subtlest. Guard thyself by every act of watchfulness against its marvellous deceitfulness.

S. WILBERFORCE.

Each morning the voice of God whispers to us, "You have not passed this way heretofore; therefore keep your eye on your Guide."

J. R. MILLER.

January 27

Keep guard over yourselves, so that you may not lose the results of your good deeds, but may receive back a full reward.—2 John 8.

And let each of you keep watch over himself, lest he also fall into temptation.—Gal. vi. 1.

Mine be the reverent, listening love
That waits all day on Thee,
With the service of a watchful heart
Which no one else can see.

A. L. Waring.

Ponder the end, nor dare procrastinate when duty calls. How few of all the crowds that have gone drifting pleasantly along the coast of By-and-by e'er paused to think they would be surely landed presently on that dark island —Never! Dr. Doddridge.

Sometimes Christians, even with their faces heavenwards, are tempted into by-paths of sin; but let it not be so with us.

Charlotte Murray.

Whether each day of your life shall give happiness or suffering rests with yourself.

George S. Merriam.

Ready? Aye, ready always. Wherefore not? Christ is my readiness: who lives in Him Can scarcely be unready. S. W. Partridge.

January 28

Watch the way, make thy loins strong, fortify thy power mightily.—Nahum ii. 1.

Watch! 'tis your Lord's command,
And while we speak He's near;
Mark the first signal of His hand,
And ready all appear.

DR. DODDRIDGE.

It becomes us to walk with alert and watchful spirit, talking only on themes that would not be inconsistent with an instantaneous flash into the presence of God. F. B. MEYER.

He who is the most watchful is the least sinful. W. SECKER.

To watch and pray is surely in our power, and by these means we are certain of getting strength. You feel your weakness; you fear to be overcome by temptation; then keep out of the way of it. This is watching. Avoid society which is likely to mislead you; flee from the very shadow of evil; you cannot be too careful; better be a little too strict than a little too easy—it is the safer side.

J. H. NEWMAN.

Watch your thoughts. BUDDHA.

January 29

The Lord is a God of knowledge, and by Him actions are weighed.—1 Samuel ii. 3.

Deeds are better things than words are,
Actions mightier than boastings.

H. W. Longfellow.

Happy is he whose action is as quick as the impulse that calls for it; whose daily obedience has in it the fresh colours of newborn convictions; whose feet sound the echo of God's "Arise!" Dr. Raleigh.

Actions have their reward, and our deeds have their result. Buddha.

If there is any person to whom you feel dislike, that is the person of whom you ought never to speak. R. Cecil.

Don't speak of what you are going to do. Do it. W. H. Hunt.

Life passes, work is permanent. That which is done remains through ages, through eternity. What you have done for God, that, and that only, you are. Deeds never die.

F. W. Robertson.

January 30

Arise and be doing, and the Lord be with thee.—1 Chronicles xxii. 16.

No endeavour is in vain,
Its reward is in the doing;
And the rapture of pursuing
Is the prize the vanquished gain.
H. W. Longfellow.

Act well at the moment, and you have performed a good action to all eternity.
Lavatar.

Who are the blest?
Those who have kept their sympathies awake,
And scattered joy for more than custom's sake,
Steadfast and tender in the hour of need,
Gentle in thought, benevolent in deed;
Whose looks have power to make dissension cease,
Whose smiles are pleasant and whose words are peace.
Prince.

Doing good is the only certainly happy action of a man's life. Sir Philip Sidney.

Our chief want in life is someone who shall make us do what we can. This is the service of a friend.
Emerson.

January 31

See to it that no one ever repays another with evil for evil; but always seek opportunities of doing good both to one another and to all the world.—1 Thessalonians v. 15.

The deeds we do, the words we say,
Into still air they seem to fleet,
We count them ever past;
But they shall last!
In the dread judgment they
And we shall meet. KEBLE.

Keep true, never be ashamed of doing right; decide on what you think is right, and stick to it. GEORGE ELIOT.

Let us not doubt that those who honestly desire to do what is right and best will be rewarded by Divine guidance.
J. LLEWELLYN DAVIS.

Restlessness is at the bottom of many hasty actions, which end in flying in the face of God's good providence for us. CANON NEWBOLT.

Act upon your impulses, but pray that you may be directed by God. TENNENT.

February 1

Whatever you do, in word or in deed, do everything in the name of the Lord Jesus.
Colossians iii. 17.

O let Thy sacred will
All Thy delight in me fulfil!
Let me not think an action mine own way,
But as Thy love shall sway,
Resigning up the rudder to Thy skill.
G. Herbert.

Mind your business, or it will not mind you. To look one way and pull another may do on water, but not on land.
Thain Davidson.

Our acts our angels are, or good or ill,
Our fatal shadows that walk by us still.
John Fletcher.

Our deeds, whether good or evil, follow us as shadows. Buddha.

Only the actions of the just
Smell sweet, and blossom in the dust.
Shirley.

There is always a best way of doing everything. Emerson.

It is much better to be envied than pitied.
Herodotus.

February 2

Praise Him for His mighty acts; praise Him according to His excellent greatness.
Psalm cl. 2.

O help us, Lord! each hour of need
Thy heavenly succour give;
Help us in thought, and word, and deed,
Each hour on earth we live.

O help us, Jesu, from on high!
We know no health but Thee;
O help us so to live and die,
As Thine in heaven to be! AUBER.

Write injuries in dust, but kindness in marble. PLATO.

The worst part of bad actions is—they make us worse. DR. VINET.

If an action tend to make us wiser, stronger, nobler, more sympathetic, more unselfish—in one word, better than we were before—then, even though it may involve pain and odium, it is right and desirable and good, both for ourselves and the world, both for this life and that which is to come. A. W. MOMERIE.

Who does the best his circumstance allows
Does well, acts nobly; angels could no more.
YOUNG.

February 3

How many are mine iniquities and sins? make me to know my transgression and my sin.—Job xiii. 23.

Search thine own heart. What paineth thee
In others, in thyself may be ;
All dust is frail, all flesh is weak ;
Be thou the true man thou dost seek.

J. G. Whittier.

If thou canst not continually recollect thy self, yet do it sometimes, at the least once a day, namely, in the morning or at night. In the morning fix thy good purpose, and at night examine thyself what thou hast done, how thou hast behaved thyself in word, deed and thought ; for in these, perhaps, thou hast often times offended against God and thy neighbour. "Examine me, O Lord, and prove me ; try my reins and my heart."

Thomas à Kempis.

Let me stop and ask myself : Is my life pleasing to God ? Have I a sin unrepented of ? Let me confess and put it away this morning. That bit of work, badly done yesterday, God helping me, shall be better done to-day. "He giveth more grace."

M. E. Briscoe.

February 4

The Lord is slow to anger and great in power.—Nahum i. 3.

No earthly father loves like Thee,
No mother, e'er so mild,
Bears and forbears as Thou hast done
With me, Thy sinful child.

F. W. Faber.

Our duty is to bear meekly and patiently the suffering which others may cause us to endure; to bathe with love the hand that smites; to forgive those who injure us; and to commit all the injustices and iniquities of our lives, and all wrongs, into the hands of the just and righteous God. The oyster's wounds become pearls; and God can bring pearls of spiritual beauty out of the hurts made by human hands in our lives. J. R. Miller.

Without love and kindness, life is cold, selfish and uninteresting, and finally leads to a distaste for everything. With kindness, the difficult becomes easy; the obscure clear; life assumes a charm, and its miseries are softened. If we knew the power of kindness, we should transform this world into a paradise.

Charles Wagner.

February 5

I must do the works of Him who sent Me while there is daylight. Night is coming on, when no one can work.—John ix. 4.

The task Thy wisdom hath assigned,
Oh, let me cheerfully fulfil;
In all Thy works Thy presence find,
And prove Thine acceptable will.

C. Wesley.

God is a kind Father. He sets us all in the places where He wishes us to be employed, and that employment is truly "our Father's business." He chooses work for every creature which will be delightful to them, if they do it simply and humbly. He gives us always strength enough and sense enough for what He wants us to do; if we either tire ourselves or puzzle ourselves, it is our own fault. And we may always be sure, whatever we are doing, that we cannot be pleasing Him if we are not happy ourselves. Ruskin.

With malice toward none, with charity for all, with firmness in the right, as God gives to see the right, let us strive to finish the work we have begun. Lincoln.

February 6

Commit thy works unto the Lord, and thy thoughts shall be established.—Proverbs xvi. 3.

Lord, give me light to do Thy work,
For only, Lord, from Thee,
Can come the light by which these eyes
The way of work can see.
The work is Thine, not mine, O Lord!
It is Thy race we run;
Give light, and then shall all I do
Be well and truly done. H. Bonar

The beauty of work depends upon the way we meet it—whether we arm ourselves each morning to attack it as an enemy that must be vanquished before night comes, or whether we open our eyes with the sunrise to welcome it as an approaching friend who will keep us delightful company all day, and who will make us feel at evening that the day was well worth its fatigues. Lucy Larcom.

If you do not wish for His Kingdom don't pray for it. But if you do, you must do more than pray for it, you must work for it.

Ruskin.

Labour is a pure and noble thing; it is the salt of life; it is the girdle of manliness.

Dean Farrar.

February 7

Be strong, all ye people of the land, saith the Lord, and work: for I am with you, saith the Lord of hosts.—Haggai ii. 4.

I am glad to think
I am not bound to make the world go right;
But only to discover and to do,
With cheerful heart, the work that God appoints:
I will trust in Him,
That He can hold His own; and I will take
His will, above the work He sendeth me,
To be my chiefest good. J. Ingelow.

Thank God every morning when you get up that you have something to do which must be done, whether you like it or not. Being forced to work and forced to do your best will breed in you temperance, self-control, diligence, strength of will, content and a hundred virtues which the idle will never know.

Charles Kingsley.

Work, like the blessèd Jesus,
Who from His earliest youth
Would do His Father's business
And witness for the truth.

Claudia Hernaman.

All industry and earnestness will be useless, unless they are consecrated by a resolution to be in all things a man of honour. Ruskin.

February 8

For we are God's own handiwork, created in Christ Jesus for good works which He has pre-destined us to practise.—Ephesians ii. 10.

Do God's work, brother, and then leave with Him
Thy few poor needs. Who works for God to-day
May trust Him for to-morrow.

S. W. PARTRIDGE.

We are created and put into the world to fulfil a function, and to accomplish an end. Everyone has his own work to do, with the special capacities for doing it, just as a bird has his own song, which he is supposed to sing, rather than that of some other bird; a man his own row to hoe; and to do it he must live his life, must steadily, firmly and confidently be what he ought to be without letting anything or anybody disconcert him. CHAS. WAGNER.

Never mind *where* you work, care more *how* you work; never mind who sees if God approves. If He smiles, be content. We cannot always be sure when we are most useful. You have less to do with being successful than with being *faithful*. Your main comfort is that in your labour you are not alone, for God, the Eternal One, is with you.

C. H. SPURGEON.

February 9

Earnestly seek to commend yourself to God as a servant who . . . has no reason to feel any shame.—2 Timothy ii. 15.

What Thou wilt, O Father, give!
All is gain that I receive;
Let the lowliest task be mine,
Grateful, so the work be Thine.
Let me find the humblest place
In the shadow of Thy grace;
Let me find in Thine employ
Peace that dearer is than joy.

J. G. Whittier.

We have certain work to be done for our bread, and that is to be done strenuously; other work to be done for our delight, and that is to be done heartily; neither is to be done by halves and shifts; and what is not done with this effort is not to be done at all.

Ruskin.

Your own work which God has given you to do, let it be done truly. Leave eternity to show that it has not been in vain in the Lord.

F. W. Robertson.

The fruit derived from labour is the sweetest of all pleasures. Vauvenargues.

The end of labour is to gain pleasure.

Aristotle.

February 10

Doest thou well to be angry?—Jonah iv. 4.

When deep within our swelling hearts
The thoughts of pride and anger rise,
When bitter words are on our tongues
And tears of passion in our eyes;

Then we may stay the angry blow,
Then we may check the hasty word,
Give gentle answers back again,
And fight a battle for our Lord.

C. F. Alexander.

Consider how much more often you suffer from your anger and grief, than for those very things for which you are angry and grieved.

Marcus Aurelius.

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself what you wish to be.

Thomas à Kempis.

Whenever you are angry, be assured that it is not only a present evil, but that you have increased a habit. Epictetus.

When anyone has offended me, I try to raise my soul so high that the offence cannot reach it. Descartes.

February 11

Blessed is he whose transgression is forgiven, whose sin is covered.—Psalm xxxii. 1.

Saviour, breathe forgiveness o'er us;
All our weakness Thou dost know;
Thou didst tread this earth before us,
Thou didst feel its keenest woe.
Lone and dreary, faint and weary,
Through the desert Thou didst go.

James Edmeston.

A more glorious victory cannot be gained over another than this, that when the injury began on his part, the kindness should begin on ours. Dr. Dodd.

To err is human; to forgive, divine.

Alexander Pope.

And is the duty hard to do?
No one, dear Lord, hath done to me
Such wrong as I have done to Thee.
Why should not all men go to heaven?
They who forgive will be forgiven.

F. W. Faber.

Surely we know nothing of Christ's love to us, but the name of it, if we do not love our brethren. Bishop Ryle.

February 12

The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is understanding.—Proverbs ix. 10.

I love to think that God appoints
My portion day by day;
Events of life are in His hand,
And I would only say,
Appoint them in Thine own good time
And in Thine own best way.

A. L. WARING.

If you wish success in life make Perseverance your bosom friend, Experience your wise counsellor, Caution your elder brother, and Hope your guardian genius. ADDISON.

If you have need of giving a reproof, choose the right time, and do it in the right spirit.

G. EVERARD.

If thou thinkest twice before thou speakest once, thou wilt speak twice the better for it.

WILLIAM PENN.

We learn to treasure what is above this earth. GOETHE.

February 13

Ye shall do My judgments, and keep Mine ordinances, to walk therein: I am the Lord your God.—Leviticus xviii. 4.

Hear instruction, and be wise, and refuse it not.—Proverbs viii. 33.

O Lord! my best desires fulfil,
And help me to resign
Life, health and comfort to Thy will,
And make Thy pleasure mine.

COWPER.

Might I give counsel to any young hearer, I would say to him: Try to frequent the company of your betters. In books and life is the most wholesome society; learn to admire rightly; the great pleasure of life is that. Note what the great men admired—they admired great things; narrow spirits admire basely and worship meanly. THACKERAY.

Nothing raises the price of a blessing like its removal; whereas, it was its continuance which should have taught us its value.

HANNAH MOORE.

Let thy speech be better than silence, or be silent. DIONYSIUS THE ELDER.

Silence is a great peacemaker.

LONGFELLOW.

February 14

Thy hands have made me and fashioned me: give me understanding, that I may learn Thy commandments.—Psalm cxix. 73.

In the way that God shall choose,
  He will teach us;
Not a lesson we shall lose,
  All shall reach us.

Strange and difficult indeed
  We may find it;
But the blessing that we need
  Is behind it.

All the lessons He shall send
  Are the sweetest;
And His training, in the end,
  Is completest.

If you are wise, all men will be your friends, for you will be useful and good; if you are not wise, neither father nor mother nor anyone else will be your friend. PLATO.

Recollect every day the things seen, heard, or read, which make any addition to your understanding. WATTS.

Wisdom consists in the choice of the best ends, and the use of the most appropriate means to accomplish those ends. R. WATSON.

February 15

Wait on the Lord; be of good courage, and He shall strengthen thine heart.

Psalm xxvii. 14.

Have the courage to be true,
Steadfastly the right to do,
Loving him that wrongeth you—
Play, play the man.
Trust in God, and let them mock,
They will break, as they have broke,
Like the waves upon the rock—
Play, play the man! W. C. Smith.

I do not bid you think of great places. But I bid you think of great service. You shall go your way quietly. You shall do your duty as in the sight of God. Then some day there shall come to you the call for courage. It shall come when you look for it not. You shall be called to face the enemy, not, perchance, in physical warfare, but some enemy of your soul, and the souls of others; you shall see others, it may be, hesitating, shrinking; you shall step forward from the ranks; you shall say as firmly and quietly as David: "I will go and fight this Philistine." May God be with you in your sublime and holy enterprise.

J. E. C. Welldon.

February 16

Be strong and of a good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest.—Joshua i. 9.

When the wind is blowing,
Do not shrink and cower;
Firmly onward going,
Feel the joy of power.
Heaviest the heart is
In a heavy air;
Every wind that rises
Blows away despair. T. T. Lynch.

Let no one think that because his social position is humble, his means small, he has but a poor chance in life. Especially at the outset of life it is important to brace oneself to genuine hard work. Thain Davidson.

Dare to give voice to your convictions, to say no more and no less than you mean. to be true and exact to yourselves, that you may be true and reliable to the rest of the world.
Marianne Farningham.

To honour God,
To love humanity,
Is to be a hero.
Triades Gauloises.

February 17

Deal courageously, and the Lord shall be with the good.—2 Chronicles xix. 11.

It is God's hand all the time
  Urging upward ever;
Oh be brave through faith and trust,
  Rising by endeavour.
Are the steps dark? Yet go on
Every step is victory won.

MARIANNE FARNINGHAM.

Courage, the highest gift, that scorns to bend
To mean devices for a sordid end.

FARQUHAR.

A good deal of talent is lost in the world for the want of a little courage. S. SMITH.

Courage consists not in blindly overlooking danger, but in seeing it, and conquering it.

RICHTER.

Never be discouraged. Discouragement is often the last key on the bunch that opens the door.

Grow great by your example, and put on
The dauntless spirit of resolution.

SHAKESPEARE.

February 18

Fear thou not: for I am with thee; be not dismayed; for I am thy God; I will strengthen thee; yea I will help thee.

Isaiah xli. 10.

Be of good courage, and He shall strengthen your heart, all ye that hope in the Lord.

Psalm xxxi. 24.

Gird your loins about with truth;
Life will not go always smooth.
Singing lightsome songs of youth,
Play, play the man.
Learn with justice to keep pace,
Spurning what is vile and base,
Bravely ever set your face
To play the man. W. C. Smith.

O friend, never strike sail to a fear! Come into port greatly, or sail with God the seas. . . . He has not learned the lesson of life who does not every day surmount a fear.

Emerson.

Any coward can fight a battle when he's sure of winning, but give me the one who has pluck to fight when he's sure of losing.

George Eliot.

It matters not how deep entrenched the wrong,
How hard the battle goes, the day how long,
Faint not, fight on, to-morrow comes the song.

February 19

Even a child is known by his doings, whether his work be pure, and whether it be right.—Proverbs xx. 11.

If on our daily course our mind
Be set to hallow all we find,
New treasures still, of countless price,
God will provide for sacrifice.

KEBLE.

Cheered by the presence of God, I will do at each moment, without anxiety, according to the strength which He shall give me, the work that His providence assigns me. I will leave the rest without concern; it is not my affair. I ought to consider the duty to which I am called each day as the work that God has given me to do, and to apply myself to it in a manner worthy of His glory—that is to say, with exactness and in peace. I must neglect nothing; I must be violent about nothing. FÉNELON.

Why wilt thou defer thy good purpose from day to day? Arise and begin on this very instant, and say, now is the time to be doing, now is the time to be striving, now is the fit time to amend myself. THOMAS À KEMPIS.

February 20

Put on the complete armour of God, so that you may be able to stand your ground on the day of battle, and, having fought to the end, to remain victors on the field.—Eph. vi. 13.

Their earthly task who fail to do,
Neglect their heavenly business too;
Nor know what faith and duty mean,
Who use religion as a screen;
Asunder put what God has joined,
A diligent and pious mind. C. Wesley.

When I was a boy I had a companion who often accompanied me to school—or, rather, he kept twenty yards behind me; and in response to calls to "come on," would reply "stop a bit." That characteristic has stuck to him all through life. Now, to "stop a bit" and reflect is very good occasionally; but great difficulties have been overcome by going forward, not by "stopping a bit." And so, to sum up the whole matter, I would say, "Whatsoever thy hand findeth to do, do it with thy might," *and do it at once.*

Sir Richard Tangye.

Be thorough in all you do; and remember that though ignorance often may be innocent, pretension is always despicable.

W. E. Gladstone.

February 21

Whatever you are doing, let your hearts be in your work, as a thing done for the Lord and not for men.—Colossians iii. 23.

Whate'er thou doest, do it heartily,
If it be worth the doing. Nothing great
Was ever yet coined by indifference.
Half done is undone. S. W. PARTRIDGE.

There is no more cowardly spirit than that which slurs things over, and is satisfied with imperfect things, saying, "It will do very well." Fatal words. They are made an excuse for bad building, bad sweeping, bad cooking, bad sewing, "scamped" work of all kinds. Nothing will do "very well," unless it is the very best we can do.

E. M. MEYNELL.

Do thoroughly whatever work God may give you to do, and cultivate all your talents besides. If God does not utilise these talents in this world He will in the next. A. A. HODGE.

However mean or inconsiderate the act, there is something in the well-doing of it, which has fellowship with the noblest forms of manly virtue. RUSKIN.

February 22

Whatsoever thy hand findeth to do, do it with thy might.—Ecclesiastes ix. 10.

Let us do our work as well,
Both the unseen as the seen,
Make the house where God may dwell,
Beautiful, entire and clean.

S. Longfellow.

Take pains, take trouble. Whatever you do, do thoroughly. Whatever you begin, finish. It may not seem to be worth your while at the moment to be so very painstaking, so very exact. In after years you will find it was worth your while; that it has *paid* you, by training your character and soul; paid you by giving you success in life; paid you by giving you the respect and trust of your fellow men; paid you by helping you towards a good conscience, and enabling you in old age to turn back and say, I have been of use upon the earth.

Charles Kingsley.

There is no cultivating taste by means of what is second rate; nothing short of the best is of any avail. Goethe.

Drudgery is the grey angel of success.

W. C. Gannett.

February 23

I have no greater joy than to hear that my children are living in obedience to the truth.
3 John 4.

Whatsoe'er I be or do,
Let me honest be, and true;
Never wear a false pretence,
Never speak with double sense,
Claim a grace I have not got,
Or look the thing that I am not.

Despise nothing in the world except falsehood and meanness, and fear nothing except cowardice. Be governed by your admirations rather than your disgusts; covet nothing that is your neighbour's except his kindness of heart and gentleness of manner; think seldom of your enemies, often of your friends, and every day of Christ. HENRY VAN DYKE.

Be the same to your friends when they are prosperous and when they are unfortunate.
PERIANDER.

To believe your own thought, to believe that what is true for you in your private heart is true for all—that is genius.
EMERSON.

February 24

He also shall be my salvation: for an hypocrite shall not come before Him

Job xiii. 16.

Prune thou thy words, the thoughts control
That o'er thee swell and throng;
They will condense within thy soul,
And change to purpose strong.

But he who lets his feelings run
In soft, luxurious flow,
Shrinks when hard service must be done,
And faints at every woe.

J. H. Newman.

Say nothing which you do not believe to be true, because you think it may be helpful. Keep nothing back which you know to be true, because you think it may be harmful.

Phillips Brooks.

Not to do what we pretend to be doing greatly weakens and injures the character.

Benjamin Jowett.

The qualities we possess never make us so ridiculous as those we pretend to have.

La Rochefoucauld.

February 25

May grace be with all who love our Lord Jesus Christ with perfect sincerity.

Ephesians vi. 24.

Thou must be true thyself,
If thou the truth wouldst teach;
Thy soul must overflow if thou
Another soul would'st reach,—
It needs the overflowing heart
To give the lips full speech.

H. Bonar.

The hypocrite is one who appears to be what he is not; he stands before you in the character of another, and acts a part. Our Saviour compares such an one to a whited sepulchre, and we may liken him to a hollow tree that hath no life. Even he is not altogether useless; for, by his hypocrisy, he shows the worth of goodness and virtue.

Thomas Jones.

The manly part is to do with might and main what you can do. The world is full of fops who never did anything. Emerson.

What everyone is in God's sight, that is he and no more. St. Francis of Assisi.

February 26

Let us not love in words only nor with the lips, but in deed and in truth.—1 John iii. 18.

Be what thou seemest; live thy creed;
Hold up to earth the torch divine;
Be what thou prayest to be made;
Let the great Master's steps be thine.

H. Bonar.

It is not what we eat, but what we digest that makes us strong; not what we gain, but what we save that makes us rich; not what we read but what we remember that makes us learned; and not what we profess but what we practise that makes us Christians.

Bacon.

Be honest with yourself, whatever the temptation; say nothing to others that you do not think, and play no tricks with your own mind. Of all the evil spirits abroad at this hour in the world, insincerity is the most dangerous. J. A. Froude.

It is difficult to act a part long; for where truth is not at the bottom, nature will always be endeavouring to return; and will peep out and betray itself one time or another.

Bishop Smith.

February 27

Bring us not into temptation, but rescue us from the evil one.—Matthew vi. 13.

Guard me, O Lord, that I may ne'er
Forsake the right or do the wrong;
Against temptation make me strong,
And round me spread Thy sheltering care.
W. T. Matson.

Satan promises the best, but pays with the worst; he promises honour, and pays with disgrace; he promises pleasure and pays with pain; he promises profit and pays with loss; he promises life, but pays with death. But God pays as He promises, and all His payments are made in pure gold. Phillips Brooks.

When you say: "Lead us not into temptation" you must in good earnest mean to avoid in your daily conduct those temptations which you have already suffered from. When you say "Deliver us from evil" you must mean to struggle against that evil in your hearts, which you are conscious of, and which you pray to be forgiven. J. H. Newman.

If you associate with the wicked you will become wicked yourself. Menander.

February 28

Blessed is the man that endureth temptation.
James i. 12.

. . . If Satan, vexing sore,
Flesh or spirit should assail,
Thou, his Vanquisher before,
Grant we may not faint nor fail.

You have heard, I daresay, that in climbing to a great height it is unsafe to look downward; one becomes dizzy, loses balance, and falls. Experienced climbers know that the best thing to do is to keep the eyes upward towards the point they seek to attain. The same is true in spiritual life. If we are always thinking about our temptations, and always living in sadness and dread because of them, we magnify their power. The best thing to do is to press toward the mark of our high calling in Christ Jesus. "Looking unto Jesus" should be the watchword of the Christian aspirant.

The oft-recurring circumstances of daily life bring with them oft-recurring opportunities to sin. The temptations may not at first be very strong, but they are strengthened in proportion as we yield. A sin may *imperceptibly* become the habit of one's life.

A. W. Momerie.

February 29

Keep awake, and pray that you may not enter into temptation; the spirit is right willing, but the body is frail.—Matt. xxvi. 41.

When temptation sorely presses,
In the day of Satan's power,
In our times of deep distresses,
In each dark and trying hour,
By Thy mercy,
O deliver us, good Lord.

J. J. Cummins.

Every temptation that we meet in the path of duty is another chance of filling our souls with the power of heaven.

Archbishop Temple.

Well, each has his own temptation—different in different cases, but always some one thing which keeps coming back and back—back and back, day after day till he is tired and sick. What though he score off all the other balls if this one takes him? It's not new sins that destroy; it's the drip, drip, drip, of an old one. Henry Drummond.

The most cowardly of all temptations is that of discouragement. When the enemy has made us lose courage for making progress in goodness he has easy work with us.

S. Francis de Sales.

March 1

Trust ye in the Lord for ever; for in the Lord JEHOVAH is everlasting strength.
Isaiah xxvi. 4.

What is worth doing begin now, to-day;
What is not worthy, never. Life is short,
Too short, alas, to trifle with the good
Or entertain the bad. S. W. PARTRIDGE.

You will not stay dreaming about imaginary acts of Christian heroism. You will do "the next thing," as a piece of the will of Him to whom you entirely belong. You will deliberately recognise, and remember, that your whole *time* is His, however He may bid you use it. H. C. G. MOULE.

Do not try to begin at the top. Begin right over against yourself. If you be at the bottom or in the middle, work your way to the top, and do not be too anxious to succeed in life before you have earned success.
H. W. BEECHER.

The talent of success is nothing more than doing what you can do well, and doing whatever you do without a thought of fame.
H. W. LONGFELLOW.

March 2

Do not be indolent when zeal is required. Be thoroughly warm-hearted, the Lord's own servants.—Romans xii. 11.

'Tis not in mortals to command success;
But we'll do more . . . deserve it.

ADDISON.

With all the infinite possibilities of spiritual life before you, do not settle down on a little patch of dusty ground at the mountain's foot in restful content. Be not content till you reach the mountain's summit. J. R. MILLER.

The first condition of success is secured in getting ourselves right. R. W. DALE.

With regard to one's work the desirable feeling to encourage is always to expect to succeed, and never to think that you have succeeded. THOMAS ARNOLD.

Nothing great was ever achieved without enthusiasm. EMERSON.

There is no royal road to anything. One thing at a time, all things in succession. That which grows fast, withers as rapidly. That which grows slowly endures.

J. G. HOLLAND.

March 3

Blessed art Thou, O Lord: teach me Thy statutes.—Psalm cxix. 12.

Yield to the Lord with simple heart
All that thou hast, and all thou art;
Renounce all strength but strength divine;
And peace shall be for ever thine.

MME. GUYON.

True Christianity ennobles all who possess it, and makes even inferior minds and characters to glow as with sacred fire, and this alone will help you to become what it is certainly your wish to be—true-hearted, useful and happy.

MARIANNE FARNINGHAM.

Look up, and not down; look forward, and not back; look out and not in; and lend a hand. EDWARD E. HALE.

Religion is the best armour in the world, but the worst cloak. BUNYAN.

One cannot live without religion, and in proportion as we believe less, that little, if it be only an awful feeling about existence, must be more constantly present with us.

BENJAMIN JOWETT.

March 4

So we see that every one of us will give account of himself to God.—Romans xiv. 12.

How happy is he born and taught
That serveth not another's will;
Whose armour is his honest thought,
And simple truth his utmost skill.

SIR H. WOTTON.

Even the duty of pleasing others may become self-pleasing after all, when it is a lazy yielding to save trouble, or the sacrifice of principle for the sake of approval. There is a Bible rule that will rectify wrong-doing in this matter of pleasing. The command is to "please our neighbour for his good." It is not good for anyone simply to be indulged; and giving up to another when he is wrong may do him untold harm. Moreover, to yield the right, ever so little, for the sake of gaining influence is a sorry mistake. ANON.

Leave God to order all thy ways,
And hope in Him, whate'er betide;
Thou'lt find Him in the evil days
Thy all-sufficient Strength and Guide;
Who trusts in God's unchanging love,
Builds on the rock that nought can move.

G. NEUMARCK.

March 5

My soul shall be joyful in the Lord: it shall rejoice in His salvation.

Psalm xxxv. 9.

Keep a cheerful countenance,
Banish gloomy care;
Think not that your lot is hard,
Pain is everywhere.
But the heart that trusts in God
Shall have plenteous grace;—
Putting all your hope in Him,
Keep a cheerful face.

MARIANNE FARNINGHAM.

The cause of discontent is not in men's circumstances, but in their own spirit and temper. Get the song into your heart, and you will hear songs all about you. Even the wailing storm will but make music for you. Get the beauty and the good into your own soul, and you will see only beauty and good in all things. Get the peace deep into your own life, and you will find peace in every lot.

J. R. MILLER.

Always laugh when you can; it is a cheap medicine. Merriment is a philosophy not well understood. It is the sunny side of existence.

BYRON.

March 6

Light is sown for the righteous, and gladness for the upright in heart.—Psalm xcvii. 11.

If our love were but more simple,
We should take Him at His word;
And our lives would be all sunshine
In the sweetness of our Lord.

F. W. Faber.

What does not the word cheerfulness imply? It means a contented spirit, it means a pure heart; it means a kind and loving disposition; it means humility and charity; it means a generous appreciation of others and a modest opinion of self. Thackeray.

Hope is a duty. Despair is a sin. There is a dark side and a bright side to life itself, and to every event of life. We can choose our point of view; it is not forced upon us. We can resolutely look towards the light, or away from it. There is no cheer in gloom; there is no gloom in cheer. To every cloud there is a silver lining. Our duty toward God, toward others, and toward ourselves, demands that we should always recognise and be grateful for the light that is, and thus honour God, help others, and be glad ourselves.

March 7

They that sow in tears shall reap in joy.
Psalm cxxvi. 5.

If the world's a vale of tears,
Smile till rainbows span it;
Breathe the love that life endears,
Clear of clouds to fan it;
Of your gladness lend a gleam
Unto souls that shiver;
Show them how dark sorrow's stream
Blends with hope's bright river.

LUCY LARCOM.

We should be just as sunny inside our own doors as on the street. Courtesy that changes to rudeness when we cross our own threshold is no courtesy at all. Love that beareth all things, endureth all things, and seeketh not its own, must not turn to petulance and selfishness at home. We should appear always at our best amongst those we love the best. We ought to bring the sweetest things of our hearts into our homes. J. R. MILLER.

Look out for the bright, for the brightest side of things, and keep thy face constantly turned to it. JEREMY BENTHAM.

Make the best of everything; think the best of everybody; hope the best for yourself; do as I have done—persevere.

G. STEPHENSON.

March 8

A victor's wreath was given to him; and he went out conquering and in order to conquer.
Revelation vi. 2.

Fear not, I am with thee; oh, be not dismayed,
For I am thy God, and will still give thee aid;
I'll strengthen thee, help thee, and cause thee to stand,
Upheld by My righteous, omnipotent hand.
KEITH.

To go about moping, depressed, blue, out of spirits in general, is to exist, but not to live. It is the condition of a mollusc, and unworthy a human being. Worry is a state of spiritual corrosion. A trouble can either be remedied or it cannot. If it can be, then set about it; if it cannot be, dismiss it from your consciousness, or bear it so bravely that it may become transfigured to a blessing. LILIAN WHITING.

The best help is not to bear the troubles of others for them, but to inspire them with courage and energy to bear their burdens for themselves and meet the difficulties of life bravely. LORD AVEBURY.

Great works are performed not by strength, but by perseverance. DR. JOHNSON.

March 9

For I know that my Redeemer liveth, and that He shall stand at the latter day upon the earth.—Job xix. 25.

He holds no parley with unmanly fears;
Where duty bids he confidently steers,
Faces a thousand dangers at her call,
And, trusting in his God, surmounts them all.

COWPER.

Virgil said of the winning crew in his boat-race: "They can, because they believe they can."

Life, like war, is a series of mistakes, and he is not the best Christian nor the best general who makes the fewest false steps. He is the best who wins the most splendid victories by the retrieval of mistakes. Forget mistakes; organise victory out of mistakes.

F. W. ROBERTSON.

Master your misfortune and make it yield blessing to you. Conquered calamity becomes your helper, and leaves beauty on your soul; but let your trouble master you, and it leaves an ineffaceable scar upon your life.

J. R. MILLER.

Yet they, believe me, who await
No gifts from chance, have conquered fate

MATTHEW ARNOLD.

March 10

For this purpose I was born, and for this purpose I have come into the world, to give testimony for the truth.—John xviii. 37.

Then to side with truth is noble, when we share
her wretched crust,
Ere her cause bring fame and profit, and 'tis
prosperous to be just;
Then it is the brave man chooses, while the
coward stands aside,
Doubting in his abject spirit, till his Lord is
crucified. LOWELL.

Truth is the salvation of the world. It is the friend of all, even of whom it strikes. Wounds made by truth heal and cleanse; caresses of falsehood poison and kill. If we love fellow-men, friends, countrymen or family, let us always tell them the truth. To lie to anyone, even to be agreeable, is to treat him as an enemy; it is equivalent to giving him false money for true, poison for food.

CHARLES WAGNER.

To speak the truth boldly at all hazards is the act of one who in his heart commits himself to Him that judgeth righteously.

J. LLEWELLYN DAVIES.

March 11

I have chosen the way of truth: Thy judgments have I laid before me.—Psalm cxix. 30.

Truthful Spirit, dwell with me—
I myself would truthful be;
And, with wisdom kind and clear,
Let Thy life in mine appear;
And, with actions brotherly,
Speak my Lord's sincerity.

T. T. Lynch.

"Buy the truth"; buy it at any cost; for any amount of labour, sacrifice, or talent, buy it, and when thou hast it, sell it not; sell it not for pleasure, for prosperity, for fame, or for life. Dr. Thomas.

Truth indeed is a beautiful thing.

Plato.

They must upward still, and onward, who would keep abreast of Truth. Lowell.

Above all things, always speak the truth; your word must be your bond through life.

Haliburton.

Thou must be true thyself
If thou the truth wouldst teach.

March 12

Be always growing in the grace and knowledge of our Lord and Saviour Jesus Christ.
2 Peter iii. 18.

To have, each day, the thing I wish,
Lord, that seems best to me ;
But not to have the thing I wish,
Lord, that seems best to Thee.
Most truly, then, Thy will is done,
When mine, O Lord, is crossed ;
'Tis good to see my plans o'erthrown,
My ways in Thine all lost. H. Bonar.

I believe that if we could only see beforehand what it is that our heavenly Father means us to be, we should not grudge all the trouble and pains He is taking with us now to bring us up to that ideal which is His thought of us.

Annie Keary.

Form what will be your enduring character under the influences of that purifying Spirit who is within you. S. Wilberforce.

Faith and character, beyond anything else, determine your power of conquering difficulty and of accomplishing good.

Thain Davidson.

March 13

There is no merit in our service; what we have done is only what we were in duty bound to do.—Luke xvii. 10.

Never delay
To do the duty which the hour brings,
Whether it be in great or smaller things;
For who doth know
What he shall do the coming day?

Never go with reluctance to discharge your duty; nor ever act without a regard to the common good; nor till you have carefully investigated the matter in hand; nor ever in opposition to better judgment.

MARCUS AURELIUS.

Keep close to duty. Never mind the future if only you have peace of conscience, if you feel yourself reconciled and in harmony with the order of things. Be what you ought to be; the rest is God's affair. AMIEL'S JOURNAL.

You have not fulfilled every duty, unless you have fulfilled that of being pleasant.

CHARLES BUXTON.

That which is called considering what is our duty in a particular case, is very often nothing but endeavouring to explain it away.

BISHOP BUTLER.

March 14

To love the Lord your God, and to walk in all His ways, and to keep His commandments, and to cleave unto Him, and to serve Him with all your heart and with all your soul.

Joshua xxii. 5.

Jesus! my Saviour, Master, King,
Who did'st for me the burden bear,
While saints in heaven Thy glory sing,
Let me on earth Thy likeness wear.
Mine be the path Thy feet have trod—
Duty, and love to man and God.

E. R. Conder.

Each of us is bound to make the little circle in which we live better and happier; each of us is bound to see that out of that small circle the widest good may flow; that out of a single household may flow influences which shall stimulate the whole commonwealth and the whole civilized world. Dean Stanley.

We never know for what God is preparing us in His schools, for what work on earth, for what work in the hereafter. Our business is to do our work well in the present place, whatever that may be. Lyman Abbott.

March 15

Be . . . busily occupied at all times in the Lord's work, knowing that your toil is not fruitless in the Lord.—1 Corinthians xv. 58.

If with honest-hearted
  Love for God and man,
Day by day Thou find us
  Doing what we can;
Thou, who giv'st the seed-time,
  Wilt give large increase,
Crown the head with blessings,
  Fill the heart with peace.

J. S. B. Monsell.

Sufficient for to-day are the duties of to-day. Don't waste life in doubts and fears; spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it. Emerson.

One's vocation is never some far-off possibility, it is always for the present the simple round of duties that the passing hour brings.

J. R. Miller.

It is thy duty oftentimes to do what thou wouldst not; thy duty, too, to leave undone what thou wouldst do. Thomas à Kempis.

March 16

We must obey God rather than man.
Acts v. 29.

The sum of duty let two words contain,
Oh, may they graven on thy heart remain!—
Be humble and be just.

PRIOR.

Do your duty first; it will be time after that to talk of being heroic. I have known girls think they were doing a fine thing by leaving uncongenial parents, or disagreeable sisters, and cutting out for themselves, as they fancied, a more useful and elevated line of life than mere home duties, while after all they were only in the name of God neglecting the command of God to honour their father and mother.

CHARLES KINGSLEY.

Our grand business is, undoubtedly, not to *see* what lies dimly at a distance, but to *do* what lies clearly at hand. CARLYLE.

There is nothing so sweet as duty, and all the best pleasures of life come in the wake of duties done. JEAN INGELOW.

No matter how often defeated, you are born to victory. The reward of a thing well done is to have done it. EMERSON.

March 17

Fear God, and keep His commandments; for this is the whole duty of man.

Ecclesiastes xii. 13.

Not once or twice in our rough-island story,
The path of duty was the way to glory.

TENNYSON.

Never to tire, never to grow cold; to be patient, sympathetic, tender; to look for the budding of the flower, the opening heart; to hope always; like God, to love always—this is duty. AMIEL'S JOURNAL.

I think if people oftener saw the break of day, they would vow to keep that dawning day holy, and would not so often let its fair hours drift away with nothing done, that were not best left undone. ARIADNE.

You may sum the duty of your life in the giving of praise worthily, and being yourselves worthy of it. RUSKIN.

Attend to the duty of the hour. He suffers, and justly, who would do good to-morrow rather than to-day. MARCUS AURELIUS.

Be sure no one was ever discontented with the world who did his duty in it.

SOUTHEY.

March 18

I must do the works of Him who sent Me, while there is daylight. Night is coming on, when no one can work.—John ix. 4.

Work, for the night is coming,
Work through the morning hours;
Work, while the dew is sparkling,
Work 'mid springing flowers.
Work when the day grows brighter,
Work in the glowing sun;
Work, for the night is coming,
When man's work is done.

S. Dyer.

It often seems as if there were a sense in which it might be said that nothing so tended to keep God out of our lives as work for God done in a wrong and superficial spirit.

Phillips Brooks.

Work is the grand cure of all the maladies and miseries that ever beset mankind—honest work, which you intend getting done.

Carlyle.

Let everyone be occupied in the highest employment of which his nature is capable, and die with the consciousness that he has done his best. Sydney Smith.

Those who work neither with their brains nor their hands are a menace to the public safety. T. Roosevelt.

March 19

A friend loveth at all times, and a brother is born for adversity.—Proverbs xvii. 17.

What worth, a wreath of laurel,
What gain, a glorious crown,
If friendship does not strengthen
The deed of fair renown?

HUGH STANMORE.

Let it never be overlooked that we as friends must stand ready to be and to do all that we expect our friends to be and to do. If we set a high standard for them, that standard must be ours also. It will not do to give pebbles and ask diamonds in return.

J. R. MILLER.

Everyone who has any natural kindness or courtesy in him, and who is not too much haunted by the thought of self, may gather pleasant friends about him.

BENJAMIN JOWETT.

The best wish for us all is that when we grow old, as we must do, the first friends of our age may be those we have loved in our youth.

C. A. MASON.

Patient, brave and true,
Faithful, forgiving, full of charity.

H. W. LONGFELLOW.

March 20

At this point Peter came to Him with the question, "Master, how often shall my brother act wrongly towards me and I forgive him? Seven times?" "I do not say seven times," answered Jesus, "but seventy times seven times."—Matthew xviii. 21-22.

He every thought and every deed
  Doth to His judgment call,
O, may our hearts obedient heed
  The righteous Lord of all.
When, turning from forbidden ways,
  Low at His feet we fall,
His strong and tender arms upraise—
  The pardoning Lord of all.

S. Longfellow.

He that cannot forgive others breaks the bridge over which he must pass himself; for everyone hath need to be forgiven.

G. Herbert.

No forgiveness is complete which does not join forgetfulness. You forgive only so far as you forget. F. W. Robertson.

A small injury shall go as it comes; a great injury may dine or sup with me; but none at all shall lodge with me. Joseph Hall.

March 21

For if you forgive others their offences, your Heavenly Father will forgive you also; but if you do not forgive others their offences, neither will your Father forgive yours.

Matthew vi. 14-15.

Love me, O Lord, forgivingly,
O ever be my Friend;
And still, when Thou reprovest me,
Reproof with pity blend.
O pity me, when weak I fall;
And as with saddened eyes
I upward look, O let Thy call
Come, strengthening me to rise.

T. T. Lynch.

Euclid showed in himself the true symptoms of brotherly affection. When his brother, in a rage, made a rash vow, saying, "Let me not live if I be not revenged on my brother!" Euclid turned the speech contrary way: "Nay, let me not live if I be not reconciled to my brother! Let me not live if we be not as good friends as ever we were before!"

Good to forgive,
Best to forget;
Living, we fret;
Dying, we live. Browning.

March 22

Let not your irritation last until the sun goes down.—Ephesians iv. 26.

Lord, forgive me, day by day,
Debts I cannot hope to pay;
Duties I have left undone;
Evils I have failed to shun;
Much forgiven, may I learn
Love for hatred to return;
Then assured my heart shall be,
Thou, my God, hast pardoned me.

J. Conder.

The only way to save ourselves from unavailing sorrow and regret is to let love always rule in our hearts and control our speech. If we should in a thoughtless moment speak unadvisedly, giving pain to another heart, let reparation be made upon the spot. The sun should never go down upon our wrath. We should never leave anything over night that we would not be willing to leave finally and for ever just in that shape, and which we would blush to meet again in the great disclosure.

J. R. Miller.

The noblest vengeance is to forgive.

If I am even with my enemy, the debt is paid; but if I forgive it I oblige him for ever.

William Penn.

March 23

Bearing with one another and readily forgiving each other, if any one has a grievance against another. Just as the Lord has forgiven you, you also must forgive.—Colossians iii. 13.

The fairest action of our human life
Is scorning to revenge an injury;
For who forgives without a further strife,
His adversary's heart to him doth tie.
And 'tis a firmer conquest, truly said,
To win the heart, than overthrow the head.

LADY CAREW.

"I can forgive, but I cannot forget," is only another way of saying "I will not forgive." A forgiveness ought to be like a cancelled note, torn in two and burned up, so that it never can be shown against the offender.

H. W. BEECHER.

Forgiveness is better than revenge; for forgiveness is the sign of a gentle nature, but revenge is the sign of a savage nature.

EPICTETUS.

To store our memories with a sense of injuries is to fill that chest with rusty iron which was made for refined gold.

W. SECKER.

March 24

Thou art a God ready to pardon, gracious and merciful, slow to anger, and of great kindness.—Nehemiah ix. 17.

To the Lord our God belong mercies and forgivenesses, though we have rebelled against Him.—Daniel ix. 9.

'Tis not enough to weep my sins,
'Tis but one step to heaven:—
When I am kind to others—then
I know myself forgiven.

F. W. Faber.

He who does not know how to pardon, and who does not recognise that he himself often has need of it, is either a hypocrite or possesses a hard heart. Charles Wagner.

Let us be very gentle with our neighbour's failings; and forgive our friends their debts as we hope to be forgiven. Thackeray.

The little hearts that know not how to forgive! Tennyson.

Needing so much forgiveness,—
God grant me at least to forgive.

Lytton.

March 25

Be on the alert; stand firm in the faith; acquit yourselves like men.

1 Corinthians xvi. 13.

Saviour, where'er Thy steps I see,
Dauntless, untired, I follow Thee;
Oh let Thy hand support me still,
And lead me to Thy holy hill.

I must have an eye to discern evil in its most subtle disguise. It may come out in a look, in making a bargain, in the page of a novel, in the suggestion of a friend. But I must have wisdom to refuse the first advances of sin, and have courage to put my foot down unmistakably in the matter. G. Everard.

Evil thoughts—like one tiny rill of evil; and then the burst of that black, overwhelming torrent. Dean Farrar.

The daily round of duty is full of probation and of discipline; it trains the will, heart and conscience. H. E. Manning.

Only one step at a time; but follow closely, or you may miss the track. M. E. Bricsoe.

To fear God is to possess the one talisman against all idle terrors in God's world; for he who with filial reverence fears Him has no other fear. S. Wilberforce.

March 26

A good name is better than precious ointment.
Ecclesiastes vii. 1.

This above all, to thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man.
SHAKESPEARE.

Be resolute—that is, be firm, constant, determined! Be not obstinate—that is, stubborn, perverse, headstrong. Give way to others always, when no principle of right is involved. But when you have set some high purpose before you, persevere in it to the very end. MARIANNE FARNINGHAM.

Do not be laughed into doing that which you know to be wrong. Be modest and humble, but ever respect yourself. Remember who you are and also that it is your duty to excel. Think ever that you are born to perform great duties.
LORD BEACONSFIELD.

Suppose any man shall despise me. Let him look to that himself. But I will look to this, that I be not discovered doing or saying anything deserving of contempt.
MARCUS AURELIUS.

Never value anything which compels thee to lose thy self-respect. AURELIUS ANTONINUS.

March 27

For I, the Lord thy God, will hold thy right hand, saying unto thee, Fear not; I will help thee.—Isaiah xli. 13.

Say unto them that are of a fearful heart, Be strong, fear not.—Isaiah xxxv. 4.

Though clouds, black clouds will sometimes
dim the sky,
The very gloomiest will soon go by.

CHARLES BONER.

The wise and active conquer difficulties by daring to attempt them; sloth and folly shiver and shrink at sight of toil and hazard, and make the impossibility they fear. ROWE.

The greatest men have been those who have cut their way to success through difficulties.

F. W. ROBERTSON.

Accustom yourself to master and overcome things of difficulty; for, if you observe, the left hand for want of practice is insignificant, and not adapted to general business; yet it holds the bridle better than the right from constant use. PLINY.

The first remedy for impatience is distinctly and deliberately to settle our minds to the expectation of difficulties. ORVILLE DEWEY.

March 28

It is time to seek the Lord.—Hosea x. 12.

Direct, control, suggest this day
All I design, or do or say ;
That all my powers with all their might
In Thy sole glory may unite.

I used to chafe and fret when interrupted in favourite pursuits, but I have learned that my time all belongs to God, and I just leave it in His hands. It is very sweet to use it for Him when He has anything for me to do, and pleasant to use it for myself when He has not.

MRS. PRENTISS.

Know the true value of time ; snatch, seize and enjoy every moment of it. No idleness, no laziness, no procrastination. Never put off till to-morrow what you can do to-day.

LORD CHESTERFIELD.

Pleasure is far sweeter as a recreation than a business. ROSWELL D. HITCHCOCK.

To improve the golden moment of opportunity, and catch the good that is within our reach, is the great art of life.

DR. JOHNSON.

We always have enough time if we will apply it well. GOETHE.

March 29

To every thing there is a season, and a time to every purpose under the heaven.

Ecclesiastes iii. 1.

With every rising of the sun,
Think of your life as just begun.
The past has shrived and buried deep
All yesterdays; there let them sleep,
Nor seek to summon back one ghost
Of that innumerable host.
Concern yourself with but to-day.
Woo it, and teach it to obey
Your will and wish. Since time began
To-day has been the friend of man;
But in his blindness and his sorrow,
He looks to yesterday and to-morrow.
You, and to-day! A soul sublime,
And the great pregnant hour of time,
With God Himself to bind the twain!
Go forth, I say, attain, attain!

Ella Wheeler Wilcox.

It is the perfection of virtue to spend every day as if it were your last; and neither act with precipitation, nor with indolence, nor with insincerity. Marcus Aurelius.

Do to-day thy nearest duty. Goethe.

March 30

In an acceptable time have I heard thee, and in a day of salvation have I helped thee.

Isaiah xlix. 8.

We live in deeds not years; in thoughts, not breaths;
In feelings, not in figures on a dial;
We should count time by heart-throbs. He most lives
Who thinks most, feels the noblest, acts the best.

PHILIP JAMES BAILEY.

Unfaithfulness in the keeping of an appointment is an act of clear dishonesty. You may as well borrow a person's money as his time.

HORACE MANN.

Let us start up and live; here come moments that cannot be had again; some few may yet be filled with imperishable good.

JAMES MARTINEAU.

The thrift of time will repay in after life with usury of profit beyond your most sanguine dream, and waste of it will make you dwindle alike in intellectual and moral stature beyond your darkest reckoning. W. E. GLADSTONE.

The Present, the Present is all thou hast
For thy sure possessing;
Like the patriarch's angel hold it fast
Till it give its blessing. J. G. WHITTIER.

March 31

It is now high time to rouse yourselves from sleep; for salvation is now nearer to us than when we first became believers.

Romans xiii. 11.

Defer not till to-morrow to be wise,
To-morrow's sun to thee may never rise.

F. Congreve.

Remember that the happiness of your life, and its power, and its part and rank in earth or in heaven, depend on the way you pass your days now. Ruskin.

Time is painted with a lock before, and bald behind, signifying thereby that we must take time, as we say, by the forelock, for when it is once past there is no recalling it.

Dean Swift.

We know nothing of to-morrow; our business is to be good and happy to-day. S. Smith.

All things are best fulfilled in their due time,
And time there is for all things. Milton.

Do not think it wasted time to submit yourself to any influence which may bring upon you any noble feeling.

April 1

Be ye mindful always of His covenant; the word which He commanded to a thousand generations.—1 Chronicles xvi. 15.

Man's life being
So short, and then the way that leads unto
The knowledge of ourselves so long and tedious,
Each minute should be precious.

BEAUMONT AND FLETCHER.

He that holds to his appointment, and does not keep you waiting, shows that he has regard for your time as well as his own. SMILES.

The ill usage of every minute is a new record against us in heaven. ZIMMERMAN.

Improve the present hour, for all beside
Is a mere feather on a torrent's tide.

HORACE.

One to-day is worth two to-morrows.

W. SECKER.

Time-wasting is, perhaps, the commonest form of prodigality, and the least censured, too. S. W. PARTRIDGE.

April 2

No one who does not carry his own cross and come after Me, can be a disciple of Mine.
Luke xiv. 27.

All thoughts of ill, all evil deeds
That have their root in thoughts of ill;
Whatever hinders or impedes
The noble action of the will;
All these must first be trampled down
Beneath our feet, if we would gain
In the bright fields of fair renown,
The right of eminent domain.
We have not wings, we cannot soar;
But we have feet to scale and climb
By slow degrees, by more and more,
The cloudy summits of our time.
H. W. Longfellow.

One who is always eager to shine and to be admired and praised, and to gain an advantage over others, is not one whom others love. For if you think little of yourself, others will think much of you. But if you think yourself great, they will think you—will rightly think you—very little. J. E. C. Welldon.

Beware of thy two special enemies—
The devil, and thyself.
S. W. Partridge.

April 3

Curb every passion and be on the alert. Your great accuser, the devil, is going about like a roaring lion to see whom he can devour.

1 Peter v. 8.

Cease from anger, and forsake wrath; fret not thyself in any wise to do evil.

Psalm xxxvii. 8.

We smite the breast, we weep in vain,
In vain in ashes mourn;
Unless with penitential pain,
The smitten soul be torn.

Self-conquest, if desirable at any age, must be so at the earliest; not only because it is a valuable achievement whenever gained; but because the sooner it is attempted, the more easily it is acquired. J. Cooper.

Think as little as possible about any good in yourself; speak as little as possible about yourself. S. Wilberforce.

The whole scheme of our voluntary actions, all that we do from morning to night of every day is, beyond doubt, entrusted to our control. And from our inmost consciousness we do know that, whenever we will, we can *make ourselves* execute whatever we approve, and strangle in its birth whatever we abhor.

James Martineau.

April 4

Let all bitterness and all passionate feeling, all anger and loud insulting language, be unknown among you—and also every kind of malice.—Ephesians iv. 31.

"Come unto Me," the Saviour cries,
Nor speaks in accents falsely bland;
"Hard is the way," He says, "But rise":
And then He takes us by the hand.
T. T. Lynch.

Be careful over your conversation; give no cause of slander to them which are without, or of offence to the little ones; let not the Gospel be discredited by your behaviour. Be careful that the light of your life so shines before the world that therein your Heavenly Father may be glorified. Ye ought to shine as lights; take heed that your light be not turned into darkness.

Thales was asked what was the hardest and what the easiest thing to do; he said the hardest was to learn to know one's self, the easiest, to find fault with the doings of other people.

The longer you keep your duties waiting, the larger they will grow in difficulty. Anon.

April 5

In the day of my trouble I will call upon Thee; for Thou wilt answer me.

Psalm lxxxvi. 7.

Surely He hath borne our griefs, and carried our sorrows.—Isaiah liii. 4.

Are there hearts that you can bless,
My brother?
Can you give some happiness?
Help another!
Lift a prayer or sing a song,
Cheer the right or fight the wrong;
As you pass life's way along,
Help another!

We communicate happiness to others not often by great acts of devotion and self-sacrifice, but by the absence of fault-finding and censure, by being ready to sympathise with their notions and feelings, instead of forcing them to sympathise with ours. J. F. Clarke.

We should always be trying to find out, not in what we differ from other people, but in what we agree with them. Ruskin.

Your gentleness shall force
More than your force move us to gentleness.
Shakespeare.

April 6

Hide not Thy face from me in the day when I am in trouble; incline Thine ear unto me: in the day when I call answer me speedily.
Psalm cii. 2.

We measure life by years, but not so God;
A thousand ages are as one short day with Him.
He counts by deeds, not fleeting hours;
And he who speaks a gentle word, or gives
A cup of water to a fainting one,
Will count more birthdays in Heaven's register
Than if he lived a million centuries
Unto himself alone. PHILIP JAMES BAILEY.

A power of sympathy is not a mere accomplishment, not a mere ornamental gift; its absence is not a mere defect in our character, to be regretted, perhaps, but not looked upon as a thing to be remedied. A power of sympathy is, on the contrary, a sure test of our general rightness of heart, of our real progress towards godliness. CREIGHTON.

A loving act does more good than a fiery exhortation. What mankind needs is not more good talkers, but more good Samaritans.

To be patient under rebuke, and to appear so, require very distinct acts of self-control.
J. B. E.

April 7

Always and for everything let your thanks to God the Father be presented in the name of our Lord Jesus Christ.—Ephesians v. 20.

What shall I render unto the Lord for all His benefits towards me?—Psalm cxvi. 12.

Speak, lips of mine, and tell abroad
The praises of thy God.
Speak, stammering tongue, in gladdest tone,
Make His high praises known.

H. Bonar.

Cultivate the thankful spirit. It will be to thee a perpetual feast. There is, or ought to be, with us no such things as small mercies; all are great, because the least are undeserved. Indeed, a really thankful heart will extract motive for gratitude from everything, making the most even of scanty blessings.

J. R. MacDuff.

Think how much we have to be thankful for. Few appreciate the number of everyday blessings; we look on them as trifles, we forget them because they are always with us.

Lord Avebury.

O Lord, that lends me life,
Lend me a heart replete with thankfulness.

Shakespeare.

April 8

What doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?—Micah vi. 8.

Love Divine all loves excelling,
Joy of heaven, to earth come down,
Fix in us Thy humble dwelling,
All Thy faithful mercies crown.

C. Wesley.

To be unselfish we must love; to love we must believe in the reality of what we love; we must know how to suffer, how to forget ourselves, how to yield ourselves up. In a word, how to be serious. Amiel's Journal.

Think what it is to be full of love to every creature, to be frightened at nothing, to be sure that all things will turn to good, not to mind pain, because it is our Father's will; to know that nothing could part us from God who loves us, and who fills our souls with peace and joy, because we are sure that whatever He wills is holy, just and good. George Eliot.

Love is a many-sided sacrifice. It means thoughtfulness for others; it means putting their good before self-gratification.

H. R. Haweis.

April 9

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.—Proverbs xxviii. 13.

Be sure your sin will find you out.
Numbers xxxii. 23.

Help, holy Lord, against the league
Made by the wicked three,
The world, the devil, and the flesh,
Those foes of sanctity;
O, help, for bitter is the feud,
And cruel is the hate,
With which they have our souls pursued
Far forth from Eden's gate.

T. T. Lynch.

It is in the heart the evil is, and it is out of the heart the evil must go.

P. B. Power.

Sin has many tools, but a lie is the handle that fits them all. O. W. Holmes.

Few things should make us angry, except sin—especially our own. S. W. Partridge.

Hurt not your conscience with any known sin. S. Rutherford.

One sin may baffle the willingness of God to use us in His work for others.

F. Paget.

April 10

According to the custom, as the duty of every day required.—Ezra iii. 4.

What shall I do to gain eternal life ?
Discharge aright
The simple dues with which each day is rife ;
Yea, with thy might.
Ere perfect scheme of action thou devise,
Will life be fled.
While he who ever acts as conscience cries,
Shall live though dead.

SCHILLER.

When a new morning dawns, we should accept its duties, the bit of God's will it unrolls for us, and do everything well that is given us to do. We may be assured, too, that there is something for each moment, and that if we waste any portion of our day we shall not make it complete. J. R. MILLER.

You must not severely scrutinize the actions of others, unless you have first done your duty yourself. DEMOSTHENES.

Do but your duty, and do not trouble yourself whether it is in the cold or by a good fire.
MARCUS AURELIUS.

April 11

He that diligently seeketh good procureth favour.—Proverbs xi. 27.

With a high and holy purpose,
Doing all thou hast to do ;
Seeking ever man's upraising
With the highest aim in view.

Undepressed by seeming failure,
Unelated by success ;
Heights attained, revealing higher,
Onward, upward, ever press.

ANON.

Do that which is assigned you, and you cannot hope too much or dare too much. There is at this moment for you an utterance brave and grand as that of the colossal chisel of Phidias, or trowel of the Egyptians, or the pen of Moses or Dante, but different from all these. EMERSON.

It seems to me that true faithfulness to grace is best proved by steadily facing one's actual duties. FÉNELON.

Do your duty, and a little more.

CLAUDIUS CLEAR.

April 12

I have glorified Thee on earth, having done perfectly the work which by Thine appointment has been Mine to do.—John xvii. 4.

When obstacles and trials seem
Like prison walls to be,
I do the little I can do
And leave the rest to Thee.

F. W. Faber.

He who is false to duty breaks a thread in the loom, and will find the flaw when he may have forgotten its cause. H. W. Beecher.

No work truly done, no word earnestly spoken, no sacrifice freely made, was ever made in vain. F. W. Robertson.

Every duty we omit obscures some truth we should have known. Ruskin.

Do as well as you can to-day, and perhaps to-morrow you may be able to do better.

J. Newton.

In all life's doubtful and perplexing paths,
Obedience to known duty is the torch
That best shall light our feet. Who strives to-day
To act according as he knows, shall know
How best to act to-morrow.

S. W. Partridge.

April 13

Depart from evil and do good; seek peace and pursue it.—Psalm xxxiv. 14.

O let our faith and love abound;
O let our lives to all around
With purest lustre shine;
That all around our works may see,
And give the glory, Lord, to Thee,
The heavenly light divine.

C. Wesley.

To take up the Cross of Christ is no great action done once for all; it consists in the continual practice of small duties which are distasteful to us. J. H. Newman.

It is thy duty to order thy life well in every single act. Aurelius Antoninus.

Having set ourselves a task we must follow it as regularly as the sun rises and sets, and the day comes and the night follows, or, once let it slip, it will drop into a chaos. Caine.

What is thy duty? The demand of the present hour. Goethe.

The work of the world is done by few;
God asks that a part be done by you.

Sarah K. Bolton.

April 14

Happy is the man that feareth alway: but he that hardeneth his heart shall fall into mischief.—Proverbs xxviii. 14.

O Lord, how happy should we be
If we could cast our care on Thee,
If we from self could rest,
And feel at heart that One above,
In perfect wisdom, perfect love,
Is working for the best!

J. Anstice.

The happiness of life consists in something to do, something to love, and something to hope for. Dr. Chalmers.

To serve God joyously is to help to purify and increase the good of the world.

Happiness is easy when we have learnt to renounce. Mme. de Stael.

We do not know how cheap the seeds of happiness are, or we should scatter them oftener.

Lowell.

For howsoe'er the smile had birth,
It is an added glory on the earth.

T. E. Brown.

All one's life is a music if one touches the notes rightly and in tune. Ruskin.

April 15

My heart is glad, and my glory rejoiceth.
Psalm xvi. 19.

Our happiness in this world depends
On the affections we are enabled to inspire.
DUCHESSE DE PRASLIN.

If one only wished to be happy it could be readily accomplished; but we wish to be happier than other people; and this is almost always difficult, for we believe others to be happier than they are. MONTESQUIEU.

God has ordained that happiness, like every other good thing, should cost us something; He has willed that it should be a moral achievement, and not an accident. DE GASPARIN.

We can only have the highest happiness by having wide thoughts, and much feeling for the rest of the world as well as ourselves.
GEORGE ELIOT.

Many of us do not realise that it is just as much our mission in life to be happy as it is to be useful. ANON.

The secret of happiness lies in extracting pleasure from the things we have, while we enter no mad, vain chase after impossible fancies.
J. R. MILLER.

April 16

My soul shall be joyful in the Lord; it shall rejoice in His salvation.—Psalm xxxv. 9.

From our own selves our joy must flow,
And that dear hut—our home.

NATH. COTTON.

Try to be happy in this present moment, and put not off being so to a time to come; as though that time should be of another make from this, which has already come, and is sure. T. FULLER.

Decidedly happiness consists in loving, not in being loved; being loved can only make one conceited and selfish; love is the true Jacob's ladder that reaches from earth to heaven.

CREIGHTON.

The truest happiness consists in the consciousness that you are deserving of happiness.

PLINY.

Seek not to be rich, but happy. The one lies in bags, the other in content which wealth can never give. W. PENN.

The happiness of your life depends upon the quality of your thoughts.

MARCUS AURELIUS.

One should give a gleam of happiness wherever it is possible. GEORGE ELIOT.

April 17

Delight thyself also in the Lord; and He shall give thee the desires of thine heart.
Psalm xxxvii. 4.

Lead us to Heaven, that we may share
Fulness of joy for ever there.

Happiness is one of those things of which it may be said that the more you seek for it the more difficult it is to find. Leave it alone, do not trouble to look after it, care more for the right than for it, and you will find that, like "an angel unawares," it steals into your heart, and takes up its abode there.

MARIANNE FARNINGHAM.

Half the world is on the wrong scent in the pursuit of happiness. They think that it consists in having and getting, and in being served by others. It consists in giving and in serving others. HENRY DRUMMOND.

Happiness is through helpfulness. Every morning let us build a booth to shelter someone from life's fierce heat. Every noon let us dig some life-spring for thirsty lips. Every night let us be food for the hungry and shelter for the cold and naked. N. DWIGHT HILLIS.

April 18

Be always joyful.—1 Thessalonians v. 16.

His happiness I praise,
Whose life with blessings cheers each joyful day.
EURIPIDES.

If you would be happy, keep your temper. Gain a little knowledge every day. Make few promises, and speak the truth. Give full measure, and weigh with a just balance. Consent to common custom, but not to common folly. Be cautious of believing ill, but more cautious of reporting it. Have courage to wear your old clothes until you can pay for new ones. Think of Heaven with hearty purpose, and strong hope to get there. Do good to all, that you may keep your friends and gain your enemies. Count your resources; find out what you are not fit for, and give up wishing for it.

Happiness is a duty, quite as much a duty as truthfulness, honesty, or good temper. There are many Scripture words which exhort us to rejoice. We are to live a songful life. There are in the Scriptures many more calls to praise than to prayer.

J. R. MILLER.

April 19

Thou shalt eat the labour of thine hands; happy shalt thou be, and it shall be well with thee.—Psalm cxxviii. 2.

Hark, the music loud and sweet
Thrills our heart and stirs our feet;
Brethren, hands upon our swords,
Let us shout, "We are the Lord's!"
T. T. Lynch.

Happiness is not what we are to look for. Let us do right, and then whether happiness come, or unhappiness, it is no very weighty matter. If it come, life will be sweet; if it do not come, life will be bitter—bitter, not sweet, and yet to be borne. J. A. Froude.

It is a great blunder in the pursuit of happiness, not to know when we have got it; that is, not to be content with a reasonable and possible measure of it. Dr. Johnson.

The path of holiness is the path of happiness. It would be so if God had not said it; it is so necessarily. J. H. Evans.

To love, and to be loved, is the greatest happiness of existence. S. Smith.

April 20

The meek also shall increase their joy in the Lord, and the poor . . . . . shall rejoice in the Holy One of Israel.—Isaiah xxix. 19.

True happiness consists not in the multitude
of friends..
But in their worth and choice.

BEN JONSON.

To love God is our Happiness, to trust in Him is our Repose, to surrender ourselves entirely to His will is our Strength.

CHARLES BEARD.

It seems to me it is the same with love and happiness as with sorrow—the more we know of it the better we can feel what other people's lives are or might be, and so we shall only be more tender to them and wishful to help them.

GEORGE ELIOT.

If there be some weaker one,
Give me strength to help him on ;
If a blinder soul there be,
Let me guide him nearer Thee.

J. G. WHITTIER.

A great part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory.

H. W. LONGFELLOW.

April 21

I will sing unto the Lord as long as I live.
Psalm civ. 33.

O child of love, be not still sad,
But change the sigh to happy song,
For you can make the Saviour glad
By loving Him who loved you long.
So fill with praise the heavens above,
For God is love.

MARIANNE FARNINGHAM.

It is not rare gifts that make us happy. It is the common and simple and universal gifts; it is health, and the glance of sunshine in the morning; it is fresh air; it is the friend; it is the kindliness that meets us on the journey; it may be only a word, a smile, a look; it is these and not any rarity of blessing that are God's gentle art of making happy.

G. H. MORRISON.

If you will be true to the best of yourself, living up to your nature, standing boldly by the truth of your word and satisfied therewith, then you will be happy.

MARCUS AURELIUS.

This is the greatest happiness—to subdue the selfish thought of "I." BUDDHA.

April 22

Set a watch, O Lord, before my mouth; keep the door of my lips.—Psalm cxli. 3.

The thoughts that in our hearts keep place,
Lord, make a holy, heavenly throng,
And steep in innocence and grace
The issue of each guarded tongue.

T. H. Gill.

Only those who learn to bring order into life do not lose life. Business is first of all things order; science is also order. Without method the most charming acquirements, like the best sustained note, bring forth only confusion.

Charles Wagner.

A word unspoken is, like the sword in the scabbard, thine; if vented, thy sword is in another's hands. If thou desire to be held wise, be so wise as to hold thy tongue. Quarles.

Don't be too curious about other people's business. You may be sure that if they want you to know things they will tell you of their own free will. Anon.

Talk often, but never long; in that case, if you do not please, at least you are sure not to tire your hearers. Lord Chesterfield.

April 23

Let no unwholesome words pass your lips, but let all your words be good for benefiting others according to the need of the moment, so that they may be a means of blessing to the hearers.—Ephesians iv. 29.

O teach me, Lord, that I may teach
The precious things Thou dost impart;
And wing my words, that they may reach
The hidden depths of many a heart.

F. R. Havergal.

Falsehood is often less in utterance than in concealment. Lies may lurk in words, but oftener still in reticence. S. W. Partridge.

Be what you say; and, within the rules of prudence, say what you are. Dean Alford.

Give every man thine ear, but few thy voice;
Take each man's censure, but reserve thy judgment.

Shakespeare.

Gossip means putting two and two together and making five of them. Anon.

Sweet as refreshing dews, or summer showers,
To the long-parching thirst of drooping flowers,
Are thy kind words.

Gay.

April 24

Let your language be always seasoned with the salt of grace, so that you may know how to give every man a fitting answer.

Colossians iv. 6.

Speak kindly! oh, speak kindly;
You cannot tell the worth
Of words of loving kindness
In our journey through the earth.

E. Ingram.

Not only to say the right thing in the right place, but, far more difficult, to leave unsaid the wrong thing at the tempting moment.

Sala.

Nothing in the home life needs to be more carefully watched and more diligently cultivated than the conversation; it should be imbued with the spirit of love. The bitter word should never be spoken.

J. R. Miller.

Discretion of speech is more than eloquence; and to speak agreeably to him with whom we deal is more than to speak in good words.

Bacon.

A very great part of the mischiefs that vex the world arises from words.

Edmund Burke.

April 25

Not one of us lives to himself, and not one dies to himself.—Romans xiv. 7.

With smiles of peace and looks of love,
Light in our dwellings we may make;
Bid kind good humour brighten there,
And do all still for Jesus' sake.

C. F. Alexander.

Every little act we perform, every little word we speak, has an influence sooner or later upon ourselves or our associates. And yet how little we realise the importance of being watchful even in trifles. It is related in a quaint old fable that the thistle once said to the thorn, "Ho, friend, are you a bud, for thus your fragrance bespeaks you?" "No," was the reply; "I am only a humble, scentless thorn; but I have dwelt some time with the rose." How vividly and beautifully this fable illustrates the mystery of unconscious influence! Let us apply it to our own hearts.

Others are affected by what I am, and say, and do. And these others have also their sphere of influence. So that a single act of mine may spread in widening circles through a nation or humanity. Channing.

April 26

Ye shall be holy unto Me: for I the Lord am holy, and have severed you from other people that ye should be Mine.—Lev. xx. 26.

Help us to help each other, Lord,
Each other's burdens bear;
Let each his friendly aid afford,
To soothe another's care.

CHAS. WESLEY.

"Many years ago," says Oliver Wendell Holmes, "in walking among the grass at Mount Auburn, I came upon a plain, upright, white marble slab, which bore an epitaph of only four words, but to my mind they meant more than any of the laboured inscriptions on the surrounding monuments: '*She was so pleasant.*' That was all, and it was enough. That one note revealed the music of a life of which I knew and asked nothing more."

Never say, "It is nobody's business but my own what I do with my life." It is not true. Your life is put into your hands as a trust, for many others besides yourself. If you use it well it will make many others happy; if you abuse it, you will harm many others besides yourself. JAMES M. PULLMAN.

April 27

Take heed to thyself, and keep thy soul diligently.—Deuteronomy iv. 9.

Strong in the Lord of Hosts,
And in His mighty power;
Who in the strength of Jesus trusts
Is more than conqueror.

CHAS. WESLEY.

We could do so much for ourselves, if we only thought about it, and knew the way. For although there are some things which are beyond us, and which we must leave in the hands of God, yet to most of us, two-thirds, or I may say three-fourths, of life are in our own power, for good or evil, for happiness or the reverse. BENJAMIN JOWETT.

We need to watch our lives in the smallest matters if we would keep our names sweet wherever we are known. Influence is most important. It is our mightiest force for good or for evil. Let us keep it pure and good for Christ, and in order to do this let us keep Christ always in it. J. R. MILLER,

Tone and looks and manners go a very long way. You may either repel and stir up endless strife, or win another by the way you speak.

G. EVERARD.

April 28

As for you, you are the body of Christ, and individually you are members of it.

1 Corinthians xii. 27.

Our deeds still travel with us from afar.
And what we have been makes us what we are.

GEORGE ELIOT.

There would be fewer disagreeable people in the world if we could see ourselves as others see us; but vanity too often blinds our eyes to our own defects and our friends are too kind to wound us by fault-finding; therefore it is quite possible to have much that is wrong in ourselves without being aware of it.

MARIANNE FARNINGHAM.

A candle that won't shine in one room is very unlikely to shine in another. If you do not shine at home, if your father and mother, your sister and brother, if the very cat and dog in the house are not the better and happier for your being a Christian, it is a question whether you really are one.

"We are members one of another"; and assuredly by everything we do, every word we speak, we make the lives of those around us better or worse, more happy or more miserable.

CREIGHTON.

April 29

I have set you an example in order that you may do what I have done to you.

John xiii. 15.

What should a man desire to leave ?
A flawless work ; a noble life.

F. T. Palgrave.

Everyone carries an atmosphere about him. It may be healthful and invigorating, or it may be unwholesome and depressing. It may make a little spot of the world a sweeter, and a far better place to live in ; or it may make it harder for those to live worthily and beautifully who dwell within its circle. We are responsible for this atmosphere. J. R. Miller.

The highest path is pointed out by the pure ideal of those who look up to us, and who, if we tread less loftily, may never look so high again. Hawthorne.

An act of kindness, or a word of sympathy, may render the whole line of life different from what it would otherwise have been. There are crises in many a life when the course it shall take for weal or woe depends upon a slight influence —almost a single word. How careful then should we be that our influence may at all times be in the right direction !

Dr. Abercrombie.

April 30

The Lord shall preserve thy going out and thy coming in from this time forth and even for evermore.—Psalm cxxi. 8.

All things are Thine; no gift have we,
Lord of all gifts! to offer Thee;
And hence with grateful hearts to-day,
Thine own before Thy feet we lay.

In weakness and in want we call
On Thee for whom the heavens are small;
Thy glory is Thy children's good,
Thy joy Thy tender Fatherhood.

WHITTIER.

Our Lord God is like a printer who sets the letters backwards. We see and feel Him set the types here, but we cannot read them. When we are printed off yonder, in the life to come, we shall read all clear and straightforward. Meanwhile we must have patience. Our Lord knows best how to rule the lives of His elect.

MARTIN LUTHER.

Are you ever afraid to tell the Lord about your small things, as if they were not worth His attending to? Your great things are not any more worth His attending to. Cast all your care on Him. ANDREW A. BONAR.

May 1

The Lord shall preserve thee from all evil; He shall preserve thy soul.—Psalm cxxi. 7.

O Name, all other names above,
What art Thou not to me,
Now I have learned to trust Thy love
And cast my care on Thee.

FREDERICK L. HOSMER.

There is no haphazard in this world. God leads every one of His children by the right way. He knows where and under what influences each particular life will ripen best. One tree grows best in the sheltered valley, another by the water's edge, another on the bleak mountain-top swept by storms. There is always adaptation in nature, every tree or plant is found in the locality where the conditions of its growth exist; and does God give more thought to trees and plants than to His own children? J. R. MILLER.

God can see very much further along the way than we can, and very much deeper down into all mysteries, too; therefore it is wise to ask counsel of Him, before taking any fresh step in life. CHARLOTTE MURRAY.

How calmly may we commit ourselves to the hand of Him who bears up the world.

RICHTER.

May 2

The young lions do lack, and suffer hunger: but they that seek the Lord shall not want any good thing.—Psalm xxxiv. 10.

Now our wants and burdens leaving,
To His care who cares for all,
Cease we fearing, cease we grieving,
At His touch our burdens fall.

S. Longfellow.

We are ignorant, and cannot see the end of things. But His vision is perfect. He sees the long future that is before us, eternity is clear to His view; He never thinks of this or that as probable, but has certain knowledge of what things will come to. And according to this perfect knowledge He deals with us—ordains our joys and sorrows. This should help us to endure patiently.

You can never get beyond God's care, for it always reaches you; you can never be outside of it, for it is always enfolding you.

F. R. Havergal.

Cast *all* thy care on God. See that all thy cares be such as thou canst cast on God, and then hold none back. E. B. Pusey.

May 3

The Lord is good, a stronghold in the day of trouble; and He knoweth them that trust in Him.—Nahum i. 7.

On Thee we cast our care; we live
Through Thee, who know'st our every need:
O feed us with Thy grace and give
Our souls this day the living bread.

J. Wesley.

Every morning we begin a new little bit of the way that we have not passed before; and none can tell, but God, what may lie before us, so that *now*, before we go further, shall we not commend ourselves, and ours, to His holy protection, that we may be delivered "from the hand of the enemy, and of such as lie in wait by the way?"

Charlotte Murray.

He leads me where the waters glide,
The waters soft and still,
And homeward He will gently guide
My wandering heart and will.

J. Keble.

Love is a habit. God has given to us the love of relations and friends, the love of father and mother, brother, sister, friend, to prepare us gradually for the love of God.

F. W. Robertson.

May 4

For it is better that you should suffer for doing right, if such be God's will, than for doing evil.—1 Peter ii. 19.

Trials must and will befall;
But with humble faith to see
Love inscribed upon them all,
This is happiness to me.

COWPER.

Is there something naturally disagreeable looming in the distance for us to-day—something we are dreading? Let us cast it upon Jesus now until it comes; and when it comes, He will lighten the burden by His grace. It must be His will for us; so surely we can pray, "*Thy will be done.*" CHARLOTTE MURRAY.

Life is a succession of lessons, which must be lived to be understood. EMERSON.

Be not anxious about to-morrow. Do to-day's duty, fight to-day's temptations, and do not weaken and distress yourself by looking forward to things which you cannot see, and could not understand if you saw them.

CHARLES KINGSLEY.

May 5

Be strong and of good courage.
1 Chronicles xxviii. 20.

We will not faint; if heavy burdens bind us,
They press no harder than our souls can bear,
The thorniest way is lying still behind us,
We shall be braver for the past despair.
WILLIAM H. HURLBUT.

Fold not thine arms, but bare them: play the man;
And half the ills from which the coward shrinks
Will fade, or fly before thee.
S. W. PARTRIDGE.

Presence of mind is courage. BYRON.

In the world's broad field of battle,
In the bivouac of life,
Be not like dumb-driven cattle!
Be a hero in the strife.
H. W. LONGFELLOW.

If thou desire to be truly valiant, fear to do any injury; he that fears not to do evil is always afraid to suffer evil; he that never fears is desperate, and he that fears always is a coward; he alone is truly valiant who dares nothing but what he may, and fears nothing but what he ought. QUARLES.

May 6

Let, I pray Thee, Thy merciful kindness be for my comfort.—Psalm cxix. 76.

Teach me to feel another's woe,
To hide the fault I see!
That mercy I to others show,
That mercy show to me. POPE.

Kindly words, sympathising attentions, watchfulness against wounding the sensitiveness of others; these cost very little but they are priceless in their value. From hour to hour, from moment to moment, we are supported, blest by small kindnesses.

F. W. ROBERTSON.

The first thing a kindness deserves is acceptance; the next is transmission.

G. MACDONALD.

When you find yourself overpowered, as it were, by melancholy, the best way is to go out and do something kind to somebody or other. KEBLE.

Let bygones be bygones; let the past be forgotten. DR. WEBSTER.

In every person who comes near you, look for what is good and strong: honour that; rejoice in it, and as you can, try to imitate it.

RUSKIN.

May 7

Clothe yourselves therefore, as God's own people, holy and dearly loved, with tender heartedness, kindness, lowliness of mind, meekness, long suffering.—Colossians iii. 12.

Teach me, my God and King
In all things Thee to see,
And what I do in anything
To do it as for Thee.

GEORGE HERBERT.

When the hour of trouble comes to the mind or the body, or when the hour of death comes, that comes to high and low, then it is not what we have done for ourselves, but what we have done for others that we think on most pleasantly.

SIR WALTER SCOTT.

We should seek for the best and the noblest in everyone we meet, and then strive to call it out. One who was asked how to cultivate this charm of character replied, "Look at everything through kindly eyes."

J. R. MILLER.

How often we judge unjustly when we judge harshly. The fret and temper we despise may have its rise in the agony of some great unsuspected self-sacrifice, or in the endurance of unavowed, almost intolerable pain. Whoso judges harshly is sure to judge amiss.

CHRISTINA ROSSETTI.

May 8

Learn to be kind to one another, tender hearted, forgiving one another.

Ephesians iv. 32.

Be useful where thou livest, that they may
Both want and wish thy pleasing presence still.
Kindness, good parts, great places are the way
To compass this. Find out men's wants and will,
And meet them there. All worldly joys grow less
To the one joy of doing kindnesses.

GEORGE HERBERT.

Oh! do not let us wait to be just or pitiful or demonstrative towards those we love until they or we are struck down with illness or threatened with death! Life is short, and we have never too much time for gladdening the hearts of those who are travelling the dark journey with us. Oh, be swift to love, make haste to be kind! AMIEL'S JOURNAL.

I expect to pass through this world but once. If, therefore, there be any kindness I can do to any fellow-being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again. ANON.

Sometimes that which is given with a kindly hand is more acceptable than that given with a full one. PLANTUS.

May 9

Let your love be perfectly sincere. Regard with horror what is evil; cling to what is right.—Romans xii. 9.

Let none hear you idly saying,
There is nothing I can do!
While the souls of men are dying,
And the Master calls for you.
Take the task He gives you gladly;
Let His work your pleasure be;
Answer quickly when He calleth
Here am I; send me, send me!

DR. MARCH.

Every deed of kindness or unselfishness that we perform, with love in our hearts for Christ, though it bless no other soul in all the wide world, leaves its benediction on ourselves.

J. R. MILLER.

I wonder why it is that we are not all kinder to each other than we are? How much the world needs it! How easily it is done!

HENRY DRUMMOND.

To cultivate kindness is a great part of the business of life. DR. JOHNSON.

Unless you are deliberately kind to every creature, you will often be cruel to many.

RUSKIN.

May 10

If your brother acts wrongly toward you, go and point out his fault to him when only you and he are there. If he listens to you, you have gained your brother.

Matthew xviii. 15.

Oh, greet your brother in the street
With friendly smile and helping hand;
Give him his portion in the land,
Be good to him whene'er you meet.
It may be through your care that he
The Father's love and care may see;
Then win and keep him by your side,
For whom Christ died.

MARIANNE FARNINGHAM.

Believe nothing against another but upon good authority; nor report what may hurt another, unless it be a greater hurt to others to conceal it. WILLIAM PENN.

If we refuse to treat people as our enemies we have the best possible chance of winning them to be our friends. GORE.

Those you cannot make friends of, avoid making enemies. EPICURUS.

The great secret of help is encouragement.
OCTAVIA HILL.

May 11

Let us no longer judge one another; but, instead of that, you should come to this judgment—that we must not put a stumbling-block in our brother's path, nor anything to trip him up.—Romans xiv. 13.

Deal gently with thy brother,
  Thou yet may win him back,
By kindly look and gentle word,
  From misery's thorny track.
Deal gently, for thou oft hast sinned,
  And yet may sinful be;
Deal gently with thy brother,
  As God has dealt with thee!

"Conduct is three-fourths of life." What we have to do is to bring the great principle of the Gospel to bear upon our small duties, and day by day to feel that, because we say that we have faith in Jesus Christ, therefore we are bound to cultivate all manner of holiness and purity. ALEXANDER MCLAREN.

Never take a mean advantage of anyone in any transaction, and never be hard upon people who are in your power. CHARLES DICKENS.

Stand by those whom you help till you see them through. Else it were almost better you never touched them. G. A. SMITH.

May 12

Along with godliness, brotherly affection; and along with brotherly affection, love.
2 Peter i. 6 and 7.

When free from envy, scorn and pride,
Our wishes soar above;
We try each other's faults to hide
And show a brother's love.
CHARLES SWAIN.

If thou hast done an injury to another, rather own it than defend it. One way thou gainest forgiveness, the other, thou doublest the wrong and reckoning. WILLIAM PENN.

Be generous in your talk about other people. Say the best as well as hope the best; and be ruled by that charity, that generous love, which "thinketh no evil, and rejoiceth not in iniquity." MARIANNE FARNINGHAM.

Blow not into a flame the spark which is kindled between two friends. They are easily reconciled and will both hate you.
FROM THE GERMAN.

If you wish to be well spoken of, speak well of others. EPICTETUS.

May 13

Solomon seeing the young man that he was industrious, he made him ruler over all the charge of the house of Joseph.—1 Kings xi. 28.

It is not so much what we may possess,
As how it came to us. A penny earned
Is of more value than a borrowed pound,
Aye, or a thousand stolen.

S. W. Partridge.

I have always taught, and do teach, and shall teach, I doubt not, till I die, that in resolving to do our work well is the only sound foundation of any religion whatsoever.

Ruskin.

Sloth makes all things difficult, but industry all easy; and he that riseth late must trot all day, and shall scarce overtake his business at night; while Laziness travels so slowly that Poverty soon overtakes him.

B. Franklin.

Idlers cannot ever find time to be idle, or the industrious to be at leisure. We must be always doing or suffering. Zimmerman.

When we are rightly occupied, our amusement grows out of our work, as the colour petals out of a fruitful flower.

May 14

Now we know that for those who love God all things are working together for good.

Romans viii. 28.

When thou hast thanked thy God
For every blessing sent,
What time will then remain
For murmurs or lament?

R. C. TRENCH.

God bless the cheerful people—man, woman or child, old or young, illiterate or educated, handsome or homely. Over and above every other social trait stands cheerfulness. What the sun is to nature, what God is to the stricken heart which knows how to lean upon Him, are cheerful persons in the house and by the wayside.

A cheerful temper, joined with innocence, will make beauty attractive, knowledge delightful, and wit good-natured. It will lighten sickness, poverty, and affliction; convert ignorance into an amiable simplicity; and render deformity itself agreeable. ADDISON.

The habit of viewing things cheerfully, and of thinking about life hopefully may be made to grow up in us like any other habit.

SMILES.

May 15

A merry heart maketh a cheerful countenance.—Proverbs xv. 13.

So didst thou travel on life's common way
In cheerful godliness. WORDSWORTH.

I pack my troubles in as little compass as I can for myself, and never let them annoy others. SOUTHEY.

Happiness, and brightness in God's service, is a great gift, and one that wins others to Him. We are told to make melody in our hearts to the Lord, and how can we do this unless we are bright and cheerful and serve Him gladly ?

H. MONSELL.

It will help us in learning the lesson of cheerfulness if we persistently train ourselves to see the good things, the bright things, in our common life. There are some people who seem to have eyes only for the unpleasant things. They find every bit of roughness and hardness in their daily path. But on the other hand they forget their blessings. They have no memory for the beautiful things, the things of gladness. J. R. MILLER.

May 16

Let thy heart cheer thee in the days of thy youth.—Ecclesiastes xi. 9.

Leaning on Thy tender care
Thou hast led my soul aright;
Fervent was my morning prayer,
Joyful is my song at night.

A. L. WARING.

Have you ever had your path suddenly turn sunshiny because of a cheerful word? Have you ever wondered if this could be the same world because someone had been unexpectedly kind to you? You can make to-day the same for somebody. ANON.

Educate your laugh if you can, to ring often and sweet, that you may be able to radiate widely your pleasure and health.

W. C. GANNETT.

Cultivate joy as much as you cultivate honesty and uprightness.

ANDREW A. BONAR.

A good laugh is sunshine in the house.

THACKERAY.

A cheerful temper is as the sunshine of Paradise. E. DAVIES.

Wondrous is the strength of cheerfulness.

CARLYLE.

May 17

He that refuseth instruction despiseth his own soul; but he that heareth reproof getteth understanding.—Proverbs xv. 32.

Lord, I have given my life to Thee,
And every day and hour is Thine—
What Thou appointest let them be;
Thy will is better, Lord, than mine.

A. Warner.

If you wish to be miserable, think about yourself, about what you want, what you like, what respect people ought to pay you; and then to you nothing will be pure. You will spoil everything you touch, you will make misery for yourself out of everything God sends you, you will be as wretched as you choose.

Charles Kingsley.

A great deal of discomfort arises from over-sensitiveness about what people may say of you, or your actions. Many unhappy persons seem to imagine that they are always in an amphitheatre, with the assembled world as spectators; whereas, all the while, they are playing to empty benches. Arthur Helps.

You cannot pay your way to Heaven; if you ever enter there it must be by pure, free, eternal grace. No merit can exist from us to God. Thomas Jones.

May 18

When men are cast down, then thou shalt say, There is lifting up; and He shall save the humble person.—Job xxii. 29.

Learn to be humble, workful, capable;
Pride, indolence, and incapacity
Form no triangle to include success.

S. W. Partridge.

Be humble, and go on to do the best you can to-day, and the best you can next time, and the horizon will open wider and wider.

H. W. Beecher.

From the lowest depth there is a path to the loftiest height. Carlyle.

It is pride which fears to be put to shame, and it is a disobedient spirit which fears to be oppressed. E. J. G. Forse.

Our true growth is more known by our growing downwards in humility, than by all the outward things put together.

J. H. Evans.

Those who are greedy of praise prove that they are poor in merit. Plutarch.

May 19

Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.
Proverbs xvi. 19.

O God, in mercy look on me ;
My spirit knows not where to flee ;
Yet in its grief I come to Thee—
Oh, cast me not away !

I long to see Thy smiling face,
I long to feel Thy kind embrace,
My Father, in Thy boundless grace,
Oh, cast me not away !
MARIANNE FARNINGHAM.

The world always runs after its great ones, but its strength or weakness lies in its humblest. The simple hearted, in every sphere of life, can lend some aid. They have no need to wait for the people of marked talents ; they cannot depute their smallest share to another. In simple things and simple ways God's message in Christ shall be more easily received, and more beautifully commended than in all the flash of brilliant gifts and ornate surroundings.
E. PEARCE POWELL.

Humility is the hall-mark of wisdom.
JEREMY COLLIER.

May 20

Humble yourselves in the presence of the Lord, and He will exalt you.—James iv. 10.

Forbid it, Lord, that I should boast
Save in the Cross of Christ, my God;
All the vain things that charm me most,
I sacrifice them to His Blood.

DR. DODDRIDGE.

One of the first effects of an honest striving after perfection will be to make us humble-minded; for we shall soon find out how terribly imperfect our very best is.

E. M. MEYNELL.

We should train ourselves not to think about our own good deeds. If we stop to contemplate our own virtues, attainments or achievements, we do not know what the end will be. The only safe thing is to refuse to think at all of ourselves or our work. Self consciousness is always a mark of unwholesomeness. J. R. MILLER.

To be humble and loving—that is true life. Do not let insult harden you, nor cruelty rob you of tenderness. If men wound your heart, let them not embitter it; and then yours will be the victory of the Cross. You will conquer as Christ conquered, and bless as He blessed.

F. W. ROBERTSON.

May 21

For if there is anyone who thinks himself to be somebody when he is nobody, he is deluding himself.—Galatians vi. 3.

Plant in us a humble mind,
Patient, pitiful and kind;
Meek and lowly let us be,
Full of goodness, full of Thee.

C. Wesley.

Only the humble can ensure continuous respect; the conceited and proud may be flattered for a time, but they are too far from even ordinary perfection to be looked up to or esteemed permanently.

Marianne Farningham.

Don't be too particular about standing up for your rights or resenting a wrong. God sees what it costs to be humble, and He will reward you in good time. M. E. Briscoe.

Let him who hath conferred a favour hold his tongue. In conferring a favour nothing should be more avoided than pride. Smee.

I will not say that humility is the only road to excellence, but I am sure that it is one road. H. W. Longfellow.

May 22

When there was perfect silence he addressed them.—Acts xxi. 40.

Be quiet; why this anxious heed
About thy tangled ways?
God knows them all, He giveth speed,
And He allows delays.

Let us all resolve:—First, to attain the grace of *silence;* second, to deem all *fault-finding* that does no good a *sin;* third, to practise the grace and virtue of *praise.*

MRS. H. B. STOWE.

I can't talk much, maybe. But, God helping, I can hold my tongue. And He knows which it takes most for us to do.

MRS. WHITNEY.

Give, if thou canst, in alms; if not, afford
Instead of that a sweet and gentle word.

HERRICK.

Human words, remember, do more than convey bare facts, they convey the *tone* of the mind from which they come.

KNOX LITTLE.

We should be as careful of our words as of our actions, and as far from speaking ill as of doing ill. CICERO.

May 23

And thou shalt love the Lord thy God with thy whole heart, thy whole soul, thy whole mind, and thy whole strength.—Mark xii. 30.

Now, therefore, our God, we thank Thee, and praise Thy glorious Name.
1 Chronicles xxix. 13.

Here, Lord, we offer Thee all that is fairest,
Bloom from the garden and flowers from the field;
Gifts for the stricken ones, knowing Thou carest
More for the love than the wealth that we yield.
A. Gerald Blunt.

Try hard to be humble, to be free from all conceit, to question your own opinions, to give up your own way, to put simplicity first among all excellences of character, to be ready to think yourself in the wrong, to prefer others to yourself; for this character is nearest to God's heart.
Archbishop Temple.

Beloved, let us love one another; for love is of God; and everyone that loveth is born of God, and knoweth God. He that loveth not knoweth not God, for God is love.
St. John.

May 24

There is none but He ; and to love Him with all one's heart and with all one's understanding and with all one's strength, and to love one's fellow man no less than oneself, is far better than all our whole burnt offerings and sacrifices.
Mark xii. 32, 33.

I look to Thee in every need,
And never look in vain ;
I feel Thy strong and tender love,
And all is well again ;
The thought of Thee is mightier far
Than sin and pain and sorrow are.
S. Longfellow.

While you are living a worldly and a wicked life, letting all sacred things go, caring for no duty, serving no God, there is another self, your possibility, the thing that you might be, the thing that God gave you the chance to be.
Phillips Brooks.

Ah, Lord, I have such feeble faith,
Such feeble hope to comfort me ;
But love it is, is strong as death,
And I love Thee.
Christina Rossetti.

Love for God means obedience to His commands ; and His commands are not irksome.
St. John.

May 25

Hate the evil, and love the good.—Amos v. 15.

God sees your hearts.—Luke xvi. 15.

Jesus! of Thee shall be my song;
To Thee my heart and soul belong;
All that I have or am is Thine,
And Thou, blest Saviour! Thou art mine.

H. Collins.

If I could choose a young man's companions, some should be weaker than himself, that he might learn patience and charity; many should be as nearly as possible his equals, that he might have the full freedom of friendship; but most should be stronger than he was, that he might for ever be thinking humbly of himself and be tempted to higher things.

Phillips Brooks.

You must do as well as ever you can whatever God gives you to do; that is the best possible preparation for what He may want you to do next. Dr. Chalmers.

A character is like an acrostic or Alexandrian stanza; read it forward, backward or across, it still spells the same thing.

Emerson.

May 26

Do not follow wrong examples, but right ones. He who habitually does what is right is a child of God: he who habitually does what is wrong has not seen God.—3 John 11.

Fear to do base, unworthy things is valour. If they be done to us—to suffer them is valour too. BEN JONSON.

Is your character compacting towards patience, gentleness, truth, love? Or towards impatience, harshness, falsehood, and selfishness? We grow always in the direction of our daily living. J. R. MILLER.

Are we conscious *now* of something in our character or conduct, which needs the healing touch? Then let us not delay a moment in seeking the Physician.

CHARLOTTE MURRAY.

Remember your own character will be judged by the kind of persons you associate with. Be it a prince or a day-labourer, a man's favourite company is a pretty sure index of his own moral standard. THAIN DAVIDSON.

Character may be cleansed and perfected after death, but here and now is our opportunity for laying its foundations deep and firm.

GORE.

May 27

Wilt thou not from this time cry unto Me, My father, Thou art the Guide of my youth?
Jeremiah iii. 4.

Sing, pray, and swerve not from His ways,
But do thy own part faithfully;
Trust His rich promises of grace,
So shall they be fulfilled in this—
God never yet forsook in need
The child that trusted Him indeed.

GEORGE NEUMARCK.

The one great business of life is character-building. The aspiration of every earnest Christian is to grow every day in holiness and spirituality. This motive is to rule all life. Our business, our associations, our friendships, are to be chosen with reference to this one object. Anything that tarnishes the lustre of our spirituality or hinders the development of our Christian graces, or breaks the inner peace of our hearts, or interferes with our communion with God, is harmful, and must be excluded from among the circumstances of our lives. J. R. MILLER.

Character is a perfectly educated will.

NOVALIS.

May 28

Take care, be on the alert, and pray.
Mark xiii. 33.

I seek Thy aid, I ask direction,
Teach me to do what pleaseth Thee ;
I can bear toil, endure affliction,
Only Thy leadings let me see.

ANON.

When any fit of anxiety, or gloominess, or perversion of mind lays hold upon you, make it a rule not to publish it by complaints, but exert your whole care to hide it ; by endeavouring to hide it, you will drive it away. Be always busy. DR. JOHNSON.

There is nothing small in the Christian life—nothing so small that we can combat it in our own strength. Apart from God the smallest temptations will be more than a match for us.
F. B. MEYER.

The practical and great consideration is not how much can I do, but how much will I do of what I can. W. C. GANNETT.

Try always to see clearly that right is right and wrong is wrong. H. MONSELL.

Our greatest glory is not in never falling, but in rising every time we fall. CONFUCIUS.

May 29

Glory ye in His holy name. Let the heart of them rejoice that seek the Lord.

1 Chronicles xvi. 10.

My joy, when truest joy I have,
It comes to me from heaven;
My strength, when I from weakness rise,
Is by Thy spirit given.

And while He shines as He has shone,
Whom Thou hast made my stay,
Life can but gently float me on,
Nor hurry me away.

T. T. Lynch.

Strew human life with flowers! Search every hour for the sunshine! Exalt your souls! Widen the sympathies of your hearts! Make joy real *now* to those you love!

R. Jefferies.

All who joy would win
Must share it—happiness was born a twin.

Byron.

Every joy is gain, and gain is gain however small. Browning.

Keep your face always towards the sunshine and the shadows will fall behind you.

M. B. Whitman.

May 30

I withheld not my heart from any joy.
Ecclesiastes ii. 10.

There's never a rose in all the world,
But makes some green spray sweeter;
There's never a wind in all the sky
But makes some bird wing fleeter.
No robin but may thrill some heart,
His dawnlight gladness voicing;
God gives us all some small, sweet way
To set the world rejoicing.

ANON.

The most wretched people in the world are those who go about in sackcloth, carrying all their griefs in their faces and casting shadows everywhere. Every Christian should be a happiness-maker. We need a thousand times more joy in our lives than most of us get.

J. R. MILLER.

Youth will never live to age without they keep themselves in health with exercise, and in heart with joyfulness. SIR PHILIP SIDNEY.

Sing, as well as pray. If you have a dread of any trouble coming, sing, instead of brooding over it. ANDREW A. BONAR.

May 31

Because Thou hast been my help, therefore in the shadow of Thy wings will I rejoice.

Psalm lxiii. 7.

Sing to the Lord a joyful song,
Lift up your hearts, your voices raise,
To us His gracious gifts belong,
To Him our songs of love and praise.
For He is Lord of heaven and earth,
Whom angels serve and saints adore,
The Father, Son, and Holy Ghost
To whom be praise for evermore.

J. S. B. Monsell.

Joy in one's work is the consummate tool without which the work may be done indeed, but without which the work will always be done slowly, clumsily, and without its finest perfectness. Phillips Brooks.

There is no beautifier of complexion, or form, or behaviour, like the wish to scatter joy and not pain around us. Emerson.

Keep in the sunshine of God's love, and do not give the frowns a chance to deepen into wrinkles.

June 1

For inasmuch as He has Himself felt the pain of temptation and trial, He is also able instantly to help those who are tempted and tried.—Hebrews ii. 18.

God is faithful and will not allow you to be tempted beyond your strength.

1 Corinthians x. 13.

When the fight is fiercest
In the noontide heat,
Bear us, Holy Spirit,
To our Saviour's feet,
There to find a refuge
Till our work is done,
There to fight the battle
Till the battle's won.

G. Thring.

Though victory may cost a great deal, defeat generally costs a great deal more.

Many a dangerous temptation comes to us in fine, gay colours that are but skin-deep.

Matthew Henry.

We must not suppose ourselves always to have conquered a temptation when we have fled from it. Thomas à Kempis.

'Tis no sin to be tempted, but to be overcome.

William Penn.

June 2

Depart from me, ye evil doers: for I will keep the commandments of my God.

Psalm cxix. 115.

Help me to watch and pray,
And on Thyself rely;
Steadfast to walk on Christ's dear way,
And God to glorify.—C. Wesley.

We are never out of the reach of temptation. Both at home and abroad we are liable to meet with allurements to evil; the morning opens with perils, the shades of evening find us still in jeopardy. They are well kept whom God keeps, but woe unto those who go forth into the world, or even dare to walk their own house, unarmed. Those who think themselves secure are more exposed to danger than any others. The armour-bearer of sin is self-confidence. Be not sure. We need a watchman for the night, as well as a guardian for the day.

Triumphs over temptation will strengthen you. The Indians have a superstition that the strength of every enemy a warrior slays in battle enters into his own limbs. This is an actual truth in regard to a Christian. He becomes stronger for every temptation whose "scalp" he wins and every besetting sin that he slays. T. L. Cuyler.

June 3

The mountains shall depart, and the hills be removed; but My kindness shall not depart from thee.—Isaiah liv. 10.

Count that day lost whose low descending sun
Views from thy hand no worthy action done.

ANON.

Have you ever noticed how much of Christ's life was spent in doing kind things—in *merely* doing kind things? Run over it with that in view, and you will find that He spent a great proportion of His time simply in making people happy, in doing good turns to people.

HENRY DRUMMOND.

Perform a kind action, and you find a kind feeling growing in yourself, even if it was not there before. As you increase the number of objects of your kind and charitable interest, you find that the more you do for them the more you love them.

WILLIAM PEABODY.

The tender words and loving deeds which we scatter for the hearts which are nearest to us are immortal seed that will spring up in everlasting beauty, not only in our own lives but in the lives of those born after us.

C. H. SPURGEON.

June 4

The Lord is merciful and gracious, slow to anger, and plenteous in mercy.

Psalm ciii. 8.

Life is mostly froth and bubble ;
Two things stand like stone :
Kindness in another's trouble,
Courage in your own.

A. L. GORDON.

Let the weakest, let the humblest, be assured that in his daily course he can, if he will, shed around him almost a heaven. Kindly words, sympathizing attentions, watchfulness against wounding people's feelings—these cost very little, but they are priceless in their value.

Kindness is love doing little things, things that seem scarcely worth doing, and yet which mean much to those for whom they are wrought. Few qualities do more to make a life bright and beautiful. J. R. MILLER.

Nothing weighs heavier in the scales at the last day than kindness of disposition.

SAYING OF MUHAMMED.

When Death, the great reconciler, is come, it is never our tenderness that we repent of, but our severity. GEORGE ELIOT.

June 5

How excellent is Thy lovingkindness, O God! therefore the children of men put their trust under the shadow of Thy wings.

Psalm xxxvi. 7.

Him who comes to Me I will never on any account drive away.—John vi. 37.

The heart of the Eternal
Is most wonderfully kind.

Kind words produce their own image in our souls; and a beautiful image it is. They soothe and quiet and comfort the hearer. They shame him out of his sour, morose, unkind feelings. We have not yet begun to use kind words in such abundance as they ought to be used. PASCAL.

He who has conferred a kindness should be silent; he who has received one should speak of it. SENECA.

There is nothing so calculated to win the affections of people as kindness. CICERO.

He hath not dealt with us after our sins; nor rewarded us according to our iniquities.

PSALMIST.

June 6

See what marvellous love the Father has bestowed upon us—that we should be called God's children: and that is what we are.

1 John iii. 1.

O Love Divine, how sweet Thou art!
When shall I find my willing heart
All taken up by Thee?
I thirst, I faint, I die to prove
The greatness of redeeming love,
The love of Christ to me!

C. Wesley.

If we love God deeply, everything that He wants us to do is a joy for us to do. If we love not God, then even the commonest, simplest duties which His will requires are hard and dreary tasks for us. J. R. Miller.

There is not one life which the Life-giver ever loses out of His sight; not one which sins so that He casts it away; not one which is not so near to Him that whatever touches it touches Him with sorrow or with joy.

Phillips Brooks.

God's very kindest answers to our prayers come often in denials or delays.

S. W. Partridge.

June 7

Keep yourselves safe in the love of God, waiting for the mercy of our Lord Jesus Christ which will result in the life of the ages.
Jude 21.

All that's good and great and true,
All that is and is to be,
Be it old or be it new,
Comes, O Father, comes from Thee.
May we all, with songs of praise,
Whilst on earth Thy Name adore,
Till with angel choirs we raise
Songs of praise for evermore.

G. Thring.

A trifling good action done for love of God is worth far more than some great thing in which love has a smaller share. Everybody wants to attain to conspicuous and shining virtues, but very few seek after the lowly graces, the thyme and sweet herbs which grow beneath the shadow of the life-giving tree.

Francis de Sales.

Some days must be dark and dreary; but no day need be wholly so upon which shines the light of God's love.

Frederic R. Marvin.

June 8

As we have opportunity, let us labour for the good of all, and especially of those who belong to the household of the faith.

Galatians vi. 10.

He who to-day is doing all he can,
Will presently have done more than he thinks.

S. W. Partridge.

Youth is one of the precious opportunities of life—rich in blessing if you choose to make it so, but having in it the materials of undying remorse if you suffer it to pass unimproved. You can suffer your young days to pass idly and uselessly away; you can live as if you had nothing to do but enjoy yourselves; you can let others think for you, and not try to become thoughtful yourselves, till the business and the difficulties of life come upon you unprepared, and you find yourselves like men waking from sleep, hurried, confused, with all the faculties bewildered, not knowing right from wrong, just because you have not given yourselves time to learn what is good. You cannot repair that in after life. Oh! remember every period of human life has its own lesson, and you cannot learn that lesson in the next period.

F. W. Robertson.

June 9

Many prophets and kings have desired to see the things you see, and have not seen them, and to hear the things you hear, and have not heard them.—Luke x. 24.

Better to stem with heart and hand
The roaring tide of life, than lie
Unmindful, on its flowery strand,
Of God's occasions drifting by.

J. G. WHITTIER.

Each part of life has its own duties and its own opportunities; and at no future period can you come back into the past, and make up for bygone omissions. The future periods have their own tasks, and are so filled with what is proper to them that what has been left undone in a former period cannot now be attended to. MARCUS DODS.

Someone counsels us to rename our obstacles opportunities, considering each as a gymnasium bar on which to try our strength.

J. R. MILLER.

All life is full of opportunities of choice; and as we choose in them, and abide by our choice, such are we. S. WILBERFORCE.

June 10

He encouraged them all to remain, with fixed resolve, faithful to the Lord.—Acts xi. 23.

Would you have the world better and brighter?
Then light up the way as you go;
Make some little part of it lighter
With beams from your life's steady glow.
Make the world you live in your debtor,
As through it you journey along;
Be good, and the earth will grow better;
Do right, and the right will grow strong.

ANON.

Omit no opportunity of doing good, and you will find no opportunity to do ill.

Youth is the time for beginning. The storehouse of life stands wide open, for the treasures to be garnered therein. EDWARD GARRETT.

Are we living out God's thought for us, what He had in view when He made us and sent us thither? Are we doing in this world what He wants us to do? These are important questions; and we should not stop short of honest answers to them, for we shall have to account to God at the end for the way we have fulfilled our mission. J. R. MILLER.

June 11

Behave wisely in relation to the outside world, buying up your opportunities.

Colossians iv. 5.

Opportunity flies, O brother,
As the cloud that quick doth pass;
Oh, make use of it, life is precious.
If we let it go—alas! HAFIZ.

The world is not a hollow show nor an empty vision, but a great business mart—a place of endless gains and losses—in which everyone has a stall to keep or a stake to win, and a niche to fill. Find your niche! It is partly marked out for you by your character, partly by your environment. H. R. HAWEIS.

To-day will probably for each of us afford many opportunities of serving, possibly of patronizing. Let us ask for the humble, loving spirit to do the one, and abhor the other, when it merely means a subtle exaltation of self, and a ministering to pride.

CHARLOTTE MURRAY.

Nothing ever happens but once in this world. What I do now I do once and for ever. It is over—it is gone, with all its eternity of solemn meaning. CARLYLE.

June 12

Buy up your opportunities, for these are evil times. On this account do not prove yourselves wanting in sense, but try to understand what the Lord's will is.

Ephesians v. 16.

Lo, here hath been dawning
Another new day;
Think, wilt thou let it
Slip useless away?

Every day is of the utmost importance to you, every friend you make, every hour you waste, every word you hear. At present your whole nature is awake, your mind is active, your interests keen, your passions strong, your feelings quick. Everything that tends to give this nature form is of the most vital importance to your future self. CREIGHTON.

A day is a short time. Whatever we do we must do before the sun sets, before night comes. That is, we must do our work while we live. Opportunities do not bide our leisure, and when past can never be recalled. We must do the kindness while our friend is in need, for to-morrow will be too late.

J. R. MILLER.

June 13

To whomsoever much has been given, from him much will be required.—Luke xii. 48.

Whate'er I do, things great or small.
Whate'er I speak or frame,
Thy glory may I seek in all,
Do all in Jesus' name.

There are so many who are content to be, without being anything. Opportunities approach only those who use them.

EMERSON.

All knowledge is of itself of some value. There is nothing so minute or inconsiderable that I would not rather know it than not.

DR. JOHNSON.

Opportunities are swarming around us all the time, thicker than gnats at sundown. We walk through a cloud of them.

HENRY VAN DYKE.

When one thinks of all one might have done, and all one ought to have done, there seems to be no time left to think of wrongs we have received or benefits we have missed.

BENJAMIN JOWETT.

June 14

If the prophet had bid thee do some great thing, wouldest thou not have done it? How much rather then, when he saith to thee, Wash and be clean?—2 Kings v. 13.

Onward! the goal thou seekest
Is worthy the quest of a life,
And love can give to the weakest
Courage and strength for the strife.

There is nothing that stands still in time, so that no duty at all admits of delay; each is strictly the duty of the moment. The act of social kindness, which is a gracious attention this week, becomes an overdue debt the next, and is presented with sad apology instead of received with glad surprise. The wounded tenderness to which we spoke not the timely and soothing word, passes into permanent soreness instead of healing into grateful love. All round our human existence, indeed, does this same thing appear. Each present conviction, each secret suggestion of duty constitutes a distinct and separate call of God, which can never be slighted without the certainty of its total departure or its fainter return. Our true opportunities come but once; they are sufficient but not redundant; we have time enough for the longest duty, but not for the shortest sin. JAMES MARTINEAU.

June 15

In an acceptable time have I heard thee.—Isaiah xlix. 8.

Reckon not life by hours, but by good deeds;
Love is grey hairs, and usefulness is age;
He who lives best lives longest.

S. W. PARTRIDGE.

Never lose an opportunity of seeing anything beautiful . . . Beauty is God's handwriting, a wayside sacrament. C. KINGSLEY.

Always say a kind word if you can, if only that it may come in, perhaps, with singular opportuneness, entering some mournful one's darkened room like a beautiful firefly, whose happy convolutions he cannot but watch, forgetting his many troubles. ARTHUR HELPS.

My young brethren, let it be impressed upon you, NOW is a time, infinite in its value for eternity, which will never return again. Sleep not. The treasures at your command are infinite. Treasures of time—treasures of youth—treasures of opportunities that grown-up men would sacrifice everything they have to possess. F. W. ROBERTSON.

Shun idleness. It is the rust that attaches itself to the most brilliant metals.

VOLTAIRE.

June 16

God is able to bestow every blessing on you in abundance, so that richly enjoying all sufficiency at all times, you may have ample means for all good works.—2 Corinthians ix. 8.

Make my mortal dreams come true,
With the good I fain would do;
Clothe with life the weak intent,
Let me be the thing I meant.

J. G. Whittier.

Every position, great or small, may be made almost as great or as little as we desire to make it, according as we make the most of it or the least of it. To do the necessary duties of any station, that is easy enough; but to gather up all its outlying opportunities; to be ready to lend a helping hand here; to give a kind word and a wise counsel there; "to fill," as we say, "our place in life" instead of leaving it half empty; to be entirely in our work for the time being, this is what makes all the difference. Dean Stanley.

Neglect a golden opportunity when, in the order of events, it presents itself, and it may nevermore return. F. Davies.

Opportunity, sooner or later, comes to all who work and wish. Lord Stanley.

June 17

Those whose hearts are absorbed in earthly things cannot please God.—Romans viii. 8.

Be faithful to the promise of your youth;
Let not time rob you of such precious things
As truth and loyalty. Be strong and good.
That life's fair morning may not end in tears,
But in the joy of right and peace of God.

MARIANNE FARNINGHAM.

Youth pleads thoughtlessness as an excuse for its follies. But that, surely, is an excuse which, as it can never be accepted without a sigh, ought never to be proffered without a blush. The time comes only too soon when you discover by hard experience how unforgiving life is, how one false step lightly taken can often never be remedied, how a dark mark may blot your happiness for ever as the result of one short hour's self-forgetfulness and loss of self command. CREIGHTON.

Our journey is ever adapted to our strength. God is always considering what we are able to bear; never leading us into dangers before which heart and flesh would succumb.

F. B. MEYER.

Since it is possible that thou mayest depart from life this very moment, regulate every act and thought accordingly. MARCUS AURELIUS.

June 18

Your heart shall live that seek God.
Psalm lxix. 32.

Lead us, O Father! in the paths of peace;
Without Thy guiding hand we go astray.
W. H. Burleigh.

You who are letting miserable misunderstandings run on, meaning to clear them up some day, if you could only know and see and feel that the time is short, how it would break the spell; how you would go instantly and do the thing which you might never have another chance to do! Phillips Brooks.

Nobody knows how long you and I have left us to work for our Master, so "while it is day," let us see what we can do for Him.
M. E. Briscoe.

Take care to do nothing at random, or without some good end in view, and to let your actions have nothing in view but the good of mankind.
Marcus Aurelius.

Enjoy the blessings of this day, if God sends them; and the evils of it bear patiently and sweetly: for this day is only ours, we are dead to yesterday, and we are not yet born to the morrow. Jeremy Taylor.

June 19

Pray with unceasing prayer and entreaty on every fitting occasion in the Spirit, and be always on the alert to seize opportunities for doing so, with unwearied persistence and entreaty on behalf of all God's people.

Ephesians vi. 18.

Prayer is the soul's sincere desire,
Uttered or unexpressed;
The motion of a hidden fire
That trembles in the breast.

Prayer is the burden of a sigh,
The falling of a tear,
The upward glancing of an eye
When none but God is near.

JAMES MONTGOMERY.

Let us use, simply and earnestly, our present opportunities, such as daily prayer. Let us regularly practise it, in spite of any difficulties. S. WILBERFORCE.

Do not be discouraged at your faults; bear with yourself in correcting them as you would with your neighbour. Accustom yourself gradually to carry prayer into all your daily occupations. FÉNELON.

In my distress I called upon the Lord, and cried to my God; and He did hear my voice out of His temple. DAVID.

June 20

O Lord I beseech Thee, let now Thine ear be attentive to the prayer of Thy servant.
Nehemiah i. 11.

Why carry thine own burden
Day by day?
Why through the thickest shadows
Take thy way?
A Saviour is beside thee,
A loving friend would guide thee,
Therefore, pray.
MARIANNE FARNINGHAM.

We must pray as if everything depended upon God, and work as if everything depended upon us. LOYOLA.

No man ever prayed heartily without learning something. EMERSON.

Be prayerful and you will be happy and innocent, and noble too. DEAN FARRAR.

He prayeth best who loveth best
All things both great and small;
For the dear God who loveth us,
He made and loveth all.
S. T. COLERIDGE.

Who goes to bed and does not pray
Maketh two nights for every day. ANON.

June 21

Everything, whatever it be, that you ask for in your prayers, if you have faith, you shall obtain.—Matthew xxi. 22.

Remember all who love thee,
All who are loved by thee;
Pray too for those who hate thee,
If any such there be;
Then for thyself in meekness
A blessing humbly claim,
And link with each petition
Thy great Redeemer's name.

JANE C. SIMPSON.

More things are wrought by prayer than this world dreams of. TENNYSON.

The prayers I make will then be sweet indeed,
If Thou the spirit give by which I pray.

MICHAEL ANGELO.

True prayer is none the worse for brevity. God hears our thoughts and answers our desires, more than our words, however eloquent.

S. W. PARTRIDGE.

That work which is well begun is half done; and without prayer no work is well begun.

SIR RICHARD FANSHAWE.

June 22

The fear of the Lord is the beginning of wisdom: a good understanding have all they that do His commandments.—Psalm cxi. 10.

All as God wills, who wisely heeds
To give or to withhold;
And knoweth more of all my needs
Than all my prayers have told.

J. G. Whittier.

There is no credit in knowing how to spell, but positive disgrace in being ignorant on that point. So there can be no credit in doing right, while it is infamous to do wrong.

G. F. Train.

We never have more than we can bear. The present hour we are always able to endure. As our day, so is our strength.

H. E. Manning.

It is only by recognising clearly how we stand towards God that we can hope to know how we stand towards one another.

Creighton.

Think not that thy word and thine alone must be right. Sophocles.

June 23

O satisfy us early with Thy mercy; that we may rejoice and be glad all our days.

Psalm xc. 14.

Quiet, Lord, my froward heart,
Make me teachable and mild,
Upright, simple, free from art,
Make me as a weanèd child;
From distrust and envy free,
Pleased with all that pleaseth Thee.

J. Newton.

Do not despise your situation; in it you must act, suffer and conquer. From every point on earth we are equally near to Heaven and to the infinite. Amiel's Journal.

Reflect upon your present blessings, of which every man has many; not on your past misfortunes, of which all men have some.

Charles Dickens.

Murmur at nothing. If your ills are irreparable it is ungrateful; if remediless it is vain. Colton.

Serve God, love Him, live to Him, and you will be bright, and full of hope, and noble.

F. W. Robertson.

A contented life is the surest path to glory and lasting happiness. Diogenes.

June 24

Do not love the world, nor the things in the world. If anyone loves the world, there is no love in his heart for the Father.—1 John ii. 15.

Father, I know that all my life
  Is portioned out for me,
And the changes that are sure to come
  I do not fear to see;
But I ask Thee for a present mind
  Intent on pleasing Thee.

A. L. Waring.

Contentment is a pearl of great price; and whoever procures it at the expense of ten thousand desires makes a wise and happy purchase. The soul which is possessed of this rich treasure of contentment is like Noah in the ark—it can sing in the midst of a deluge.

Stilled now be every anxious care;
See God's great goodness everywhere;
Leave all to Him in perfect rest;
He will do all things for the best.

Without content we shall find it almost as difficult to please others as ourselves.

Greville.

To learn the art of contentment is only to learn what happiness actually consists in.

Paley.

June 25

Your lives should be untainted by love for money. Be content with what you have; for God Himself has said, I will never, never let go your hand: I will never, never forsake you.—Hebrews xiii. 5.

Let nothing make thee sad or fretful,
Or too regretful;
What God hath ordered must be right,
Then find in it thine own delight,
My Will. P. Fleming.

The real hindrance to your happiness, if you only knew it, is a craving for something different from what you have, instead of making the most of what you have got. Remember, "Unto him that hath shall be given." To use to the utmost your present opportunities is the only sure stepping-stone to something better. H. R. Haweis.

Do not let your head run upon that which is none of your own, but pick out some of the best of your circumstances, and consider how eagerly you would wish for them were they not in your possession. Marcus Aurelius.

A mind content both crown and kingdom is.
Robert Greene.

June 26

He satisfieth the longing soul, and filleth the hungry soul with goodness.

Psalm cvii. 9.

Whatso'er our lot may be,
Calmly in this thought we'll rest,
Could we see as Thou dost see,
We should choose it as the best.

W. GASKELL.

Never fancy you could be something if only you had a different lot and sphere assigned to you. The very things that you most deprecate as fatal limitations or obstructions are probably what you most want. What you call hindrances, obstacles, discouragements, are probably God's opportunities. HORACE BUSHNELL.

We want to be useful, and do our work in the world, and make the best of our lives. Happy are those who are content to perform each duty as it comes, patiently and conscientiously, who think much more of their work than of happiness. MARIANNE FARNINGHAM.

The righteous shall be glad in the Lord, and shall trust in Him; and all the upright in heart shall glory. PSALMIST.

June 27

I have learned, whatever be my outward experiences, to be content.

Philippians iv. 11.

Let us be content, in work,
To do the thing we can, and not presume
To fret because it's little.

E. B. Browning.

There is a very little word that we often use. It has only two letters, but it is full of power for good or evil. It is the word "If." Do not be always fancying that *if* only your circumstances were different *you* would be different; *if* only other people would be agreeable, you would; *if* only you were somebody else and had their chances you would do differently; *if* this, that, and the other might be, all would be well with you. Anon.

I've been a great deal happier since I have given up thinking about what is easy and pleasant, and being discontented because I couldn't have my own will. Our life is determined for us, and it makes the mind very free when we give up wishing, and only think of bearing what is laid upon us, and doing what is given us to do. George Eliot.

June 28

Godliness is gain, when associated with contentment.—1 Timothy vi. 6.

My crown is on my head, not in my heart,
Not decked with diamonds and Indian stones,
Not to be seen; my crown is called content,
A crown it is that seldom kings enjoy.

SHAKESPEARE.

If you will secure a contented spirit, you must measure your desires by your fortune and condition, not your fortune by your desires.

JEREMY TAYLOR.

To have what we want is riches, but to be able to do without is power.

G. MACDONALD.

A thousand blessings, Lord, to us
Thou dost impart,
We ask one blessing more, O Lord—
A thankful heart!

R. C. TRENCH.

He enjoys much who is thankful for a little.

W. SECKER.

The noblest mind the best contentment has.

SPENCER.

Our happiness does not consist in things, but in thoughts—not so much in what we have as in what we are.

June 29

Do not deceive yourselves. God is not to be scoffed at. For whatever a man sows, that he will also reap.—Galatians vi. 7.

Oh, many a shaft at random sent
Finds mark the archer little meant;
And many a word at random spoken
May soothe or wound a heart that's broken.

SIR WALTER SCOTT.

If we are not responsible for the thoughts that pass our doors, we are at least responsible for those we admit and entertain.

CHARLES B. NEWCOMB.

Everyone carries in himself the sources of his own happiness or wretchedness. Circumstances have really very little to do with our inner experiences. It is self, after all, that in largest measure gives the colour to our skies and the tone to the music we hear. J. R. MILLER.

Youth is the foundation of manhood. It will never come back to us, and we can never be in this world what we might have been if we have lost or wasted it.

BENJAMIN JOWETT.

June 30

You are to be envied if you are being reproached for bearing the name of Christ; for in that case the Spirit of glory—even the Spirit of God—is resting upon you.—1 Peter iv. 14.

I could not do without Thee,
I cannot stand alone,
I have no strength or goodness,
No wisdom of my own;
But Thou, belovèd Saviour,
Art all in all to me!
And perfect strength in weakness
Is theirs who lean on Thee!

F. R. Havergal.

However helped or guided by our friends, masters and predecessors, each of us determines for himself, in the critical moments, what his life is to be, when it is right. Ruskin.

Nothing can alter the responsibility which is laid upon each soul. Westcott.

We must answer for our actions; God will answer for our powers. Phillips Brooks.

Fresh responsibilities mean fresh power for serving God and man. R. W. Dale.

Wherever power of any kind is given, there is responsibility attached.

July 1

For we must all of us appear before Christ's judgment-seat in our true characters, in order that each may then receive an award for his actions in this life, in accordance with what he has done, whether it be good, or whether it be worthless.—2 Corinthians v. 10.

No action, whether foul or fair,
Is ever done but leaves somewhere
A record. ANON.

No one but ourself can live our life, do our work, meet our obligation, bear our burden. No one but ourself can stand for us at last before God to render an account of our deeds. In the deepest sense each one of us lives alone. We are responsible only for our own life and duty. J. R. MILLER.

No human being can come into this world without increasing or diminishing the sum total of human happiness, not only of the present but of every subsequent age of humanity.

BURRITT.

Remember that it is of the very highest importance that you should know what you are, and determine to be the best that you may be.

RUSKIN.

July 2

If you can, so far as it depends on you, live at peace with all the world.—Romans xii. 18.

Do thy duty; that is best,
Leave unto thy Lord the rest!
Whatsoever thing thou doest
To the least of Mine and lowest,
That thou doest unto Me!

S. Longfellow.

God hath provided a sweet and quiet life for His children, could they improve and use it; a calm and firm conviction in all the storms and troubles that are about them, however things go, to find content, and be careful for nothing. R. Leighton.

Comfort the poor, protect and shelter the weak, and with all thy might right that which is wrong. Then shall the Lord love thee, and God Himself shall be thy great reward.

Alfred the Great's last words.

Life is not made out of money, and friendship, and talents, and patronage, and family influences, and good chances and good positions, and good health, and good nature; it is made out of faith, virtue, knowledge, temperance, patience, godliness, and brotherly kindness and love. Inninger.

July 3

Seek ye the Lord while He may be found, call ye upon Him while He is near.

Isaiah lv. 6.

Oh, take this heart that I would give
Forever to be all Thine own,—
I to myself no more would live,—
Come, Lord, be Thou my King alone.

G. Tersteegen.

To take up our life as it is, and do the best we can to make it great and good—our best to make it fit to give back one day to the God who gave it; that is to live.

Leith Adams.

Nothing else but seeing God in everything will make us loving and patient with those who annoy and trouble us. They will be to us then only the instruments for accomplishing His tender and wise purposes towards us, and we shall even find ourselves inwardly thanking them for the blessings they bring us.

Do right, though pain and anguish be thy lot,—
Thy heart will cheer thee when the pain's forgot:
Do wrong for pleasure's sake, then count thy gains,—
The pleasure soon departs, the sin remains.

Shuttleworth.

July 4

It is in closest union with Him that we live and move and have our being.—Acts xvii. 28.

I heard the voice of Jesus say,
"Behold I freely give
The living water, thirsty one,
Stoop down, and drink, and live."
I came to Jesus, and I drank
Of that life-giving stream;
My thirst was quench'd, my soul revived,
And now I live in Him. H. Bonar.

Choose now the best mode of life, and custom will soon render it the most agreeable. Try to acquire habits of talking sensibly, acting kindly, and thinking wisely—the last is quite as important as the other two. Your health, your happiness, your moral worth, will largely depend upon your thoughts, for these will mainly determine the quality of your words and acts. A. W. Momerie.

We can never learn the lesson too deeply, that our action in the commonplaces of life is deciding our destiny. F. B. Meyer.

Those of you in the first flush of early youth may now acquire, with comparative ease, such habits of right doing that by-and-by you will never feel any inclination to act differently.

July 5

Let none of you imagine evil in your hearts against his neighbour; and love no false oath; for all these are things that I hate, saith the Lord.—Zechariah viii. 17.

So should we live . . .
That every thought and every deed
May hold within itself the seed
Of future good and future need.

LOWELL.

The best things are nearest; breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of God just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things of life. ANON.

Let your heart go out in love to the whole world. Treat people nobly, no matter how they treat you. Love down all littleness, meanness, selfishness, deceit.

MARIANNE FARNINGHAM.

We must live; and if we would live aright we must have as the first thing an aim, a love, a hate—in short, an ideal. If you do not try to find this when you are young, you will never find it, and you will not know life.

CHARLES WAGNER.

July 6

I would seek unto God, and unto God would I commit my cause.—Job v. 8.

Search me, O God, and know my heart; try me, and know my thoughts.

Psalm cxxxix. 23.

Holy Spirit, dwell with me!
I myself would holy be;
Separate from sin, I would
Choose and cherish all things good;
And, whatever I can be,
Give to Him who gave to me.

T. T. Lynch.

Every confession we make of our Master, especially at times when others are forsaking Him, strengthens us greatly and gives new firmness to our character.

Andrew A. Bonar.

Christ, our King, does not force allegiance—He waits for it. The crown of our own individual love and loyalty must be offered by our own hands. F. R. Havergal.

On thy Father cast thy confidence,
And as thy days, thy strength shall be.

S. J. Stone.

Seek not to have thine own way in everything. Sophocles.

July 7

O Lord my God, in Thee do I put my trust; save me from all them that persecute me, and deliver me.—Psalm vii. 1.

Saviour divine, I come to Thee,
I yield, a captive, to Thy sway,
That love's gold chain may set me free
For all the burdens of the day.

When morning gilds the porch of day,
I feel so vile amid the glow
That I should faint, didst Thou not say
I make thee whiter than the snow.

G. Matheson.

What folly to fear giving yourself too entirely to God! It merely means that you are afraid of being too happy, of loving the will of God in all things too heartily, of bearing your inevitable crosses too bravely, of finding too much consolation in the love of God, and too much relief from the passions which make us miserable. Fénelon.

Does God not seem so near as He once was? Has some sin crept in between you and God? Listen! He calls you: "Return, put away iniquity"; then shalt thou lift up thy face unto God. M. E. Briscoe.

July 8

Being full of burning zeal, Apollos used to speak and teach accurately the facts about Jesus.—Acts xiii. 25.

O Lord, who knowest every need of mine,
Help me to bear each cross, and not repine ;
Grant me fresh courage every day.
Help me to do my work alway
Without complaint !

Help me to do my rightful share,
Make me courageous, strong to bear
Sunshine or shadow in my life ;
And aid me in the daily strife
To keep content.

ANNA B. BALDWIN.

I know what effort, what self denial, what minute care, what laborious days, what constant thought are needed for anybody who determines to do the best work, and to do it continuously, without slacking off. If we are to be "diligent in business," it must be from the "fervent spirit" which comes of "serving the Lord."

LADY FREDERICK CAVENDISH.

Whether thy work be fine or coarse, planting corn or writing epics, so only it be honest work, done to thine own approbation, it shall earn a reward to the sense as well as to the thought.

EMERSON.

July 9

If we are living by the Spirit's power, let our conduct also be governed by the Spirit's power.—Galatians v. 25.

Holy Spirit, Love Divine!
Glow within this heart of mine;
Kindle every high desire;
Perish self in Thy pure fire.

S. Longfellow.

Is it not a grand thing to be one of God's jewels? How very wonderful that He should give such a name to His poor, sinful, worthless children, and set such shining hope before them! Ought we not to try to walk worthy of this high and holy calling? F. R. Havergal.

Never assent merely to please others; for that is, besides flattery, oftentimes untruth, and discovers a mind liable to be servile and base. Nor contradict to vex others; for that shows an ill temper, and provokes, but profits nobody. William Penn.

Nothing can bring you peace but yourself; nothing can bring you peace but the triumph of principle. Emerson.

God knows us through and through. Not the most secret thought, which we most hide from ourselves, is hidden from Him.

E. B. Pusey.

July 10

But from irreligious and frivolous talk hold aloof, for those who indulge in it will proceed from bad to worse in impiety, and their teaching will spread like a running sore.
2 Timothy ii. 16.

Save us from the evil tongue,
From the heart that thinketh wrong,
From the sins, whate'er they be,
That divide the soul from Thee.
ANON.

We must not give ear to every saying or suggestion, but ought warily and leisurely to ponder the things according to God. But, alas! such is our weakness that we often rather believe and speak evil of others than good. It is great wisdom not to believe everything which thou hearest, nor presently to repeat again to others what thou last heard.
THOMAS À KEMPIS.

Be quiet, low, and gentle in thy speech. A vulgar utterance is sure evidence of a base, vulgar nature. S. W. PARTRIDGE.

Keep thy tongue from evil, and thy lips from speaking guile. PSALMIST.

'Tis far better to educate the tongue to kindness, wisdom, and wise reticence, than idly to waste its capabilities in senseless volubility.

July 11

Stand therefore, first fastening round you the girdle of truth and putting on the breast-plate of uprightness.—Ephesians vi. 14.

Be truthful, not alone in word, but act;
For some there are who, though their tongue perchance
Utter no falsehoods, yet their gait, their air,
Their tone, their seeming—all so much mislead,
They are themselves a lie.

S. W. Partridge.

There are some faults slight in the light of Love; some errors slight in the light of Wisdom; but Truth forgives no insult, and endures no stain. Ruskin.

To keep from speaking falsely before yourself and others; this you are always able to do. and not only able, but in duty bound to do; because in this alone—in freeing yourself from falsehood and in working out the truth—lies the highest duty of your life. Tolstoi.

Real inward truth is the rarest of all things. We are continually surprised into some little petty subterfuge, some verbal or acted dishonesty; and against this neither a high code of honour nor a profession of religion is much preservation. Continued intercourse with the Father of Light is the one safeguard.

F. D. Maurice.

July 12

But we shall lovingly hold to the truth, and shall in all respects grow up into union with Him who is our Head, even Christ.

Ephesians iv. 15.

Though the cause of evil prosper,
Yet 'tis truth alone is strong;
Though her portion be the scaffold,
And upon the throne be wrong—
Yet that scaffold sways the future,
And behind the dim unknown,
Standeth God within the shadow,
Keeping watch above His own.

Lowell.

The essence of lying is in deception, not in words; a lie may be told by silence, by equivocation, by the accent on a syllable, by a glance of the eye attaching a peculiar significance to a sentence; and all these kinds of lies are worse and baser by many degrees than a lie plainly worded. Ruskin.

When thou art obliged to speak, be sure to speak the truth; for equivocation is half way to lying. William Penn.

It is one thing to have truth on our side, and another thing to wish to be on the side of truth. Whateley.

July 13

Do not speak falsehoods to one another, for you have stripped off the old self with its doings.
Colossians iii. 10.

Lying lips are abomination to the Lord; but they that deal truly are His delight.
Proverbs xii. 22.

Lie not; but let thy heart be true to God,
Thy mouth to it, thy actions to them both;
Cowards tell lies and those that fear the rod.
GEORGE HERBERT.

To be true to others, we must begin by being true to ourselves. The human heart is the centre of action. From a deceitful heart can come only trickery and falsehood.
CHARLES WAGNER.

It takes two to speak truth, one to speak and another to hear. MOREAU.

All truth is precious, if not all divine.
COWPER.

Use no hurtful deceit; think innocently and justly; and if you speak, speak accordingly.
BENJAMIN FRANKLIN.

A gloomy truth is better company than a pleasing falsehood. AUGUSTINE BIRRELL.

July 14

And now, O Lord God, Thou art that God, and Thy words be true, and Thou hast promised this goodness unto Thy servant.

2 Samuel vii. 28.

O thou child of many prayers!
Life hath quicksands, life hath snares!
Care and age come unawares!

Bear through sorrow, wrong and ruth,
In thy heart the dew of youth,
On thy lips the smile of truth.

H. W. Longfellow.

Truth is the great mark at which we ought to aim in all things—truth in thought, truth in expression, truth in work. Those who habitually sacrifice truth in small things will find it difficult to pay her the respect they should do in great things. Lord Iddesleigh.

Be truthful; be upright; be honest and hate a lie. *Hate a lie!* A liar is worse than the man who has got the plague. You cannot afford to be liars; and you cannot afford to be truth-speakers unless you live worthy of the truth. H. W. Beecher.

Nothing can be beautiful which is not true.

Ruskin.

July 15

Let not mercy and truth forsake thee; bind them about thy neck; write them upon the table of thine heart.—Proverbs iii. 4.

The seat of truth is in our secret hearts,
Not in the tongue, which falsehood oft imparts.
BRANDON.

Herodotus tells us in the first book of his history, that from the age of five years to that of twenty, the ancient Persians instructed their children only in three things, namely, to manage a horse, to shoot dexterously with a bow, and *to speak the truth*, which shows of how much importance they thought it to fix this virtuous habit on the mind of youth betimes. BUCK.

I once asked a deaf and dumb boy, "What is truth?" He replied by thrusting his fingers forward in a straight line. I then asked him "What is falsehood?" when he made a zig-zag with his fingers. Try to remember this; let whoever will take a zig-zag path, go you on in your course as straight as an arrow to its mark, and shrink back from falsehood as you would from a viper. BARNABY.

July 16

Deliver my soul, O Lord, from lying lips and from a deceitful tongue.—Psalm cxx. 2.

No sinful word, nor deed of wrong,
Nor thoughts that idly rove;
But simple truth be on our tongue,
And in our hearts be love.

St. Ambrose.

Count it a crime to let a truth slip.

Browning.

The best policy is simplicity and truth.

Napoleon I.

Truth is as impossible to be soiled by any outward touch as the sunbeam. Milton.

Truthfulness is a corner stone in character, and if it be not firmly laid in youth, there will ever after be a weak spot in the foundation.

Dare to be true, nothing can need a lie;
A fault which needs it most grows two thereby. George Herbert.

Lies are not always children of the tongue;
A look may be a lie. S. W. Partridge.

July 17

Do not be indolent when zeal is required.
Romans xii. 11

Yield not to sloth; be strong,
Alert, alive,
From effort, courage, toil,
New strength derive,
There is no prize for those
Who will not strive.

Be not thou beaten back;
Persist, contend;
Aim at the highest place,
The noblest end;
God's grandest prize awaits
Those who ascend.

MARIANNE FARNINGHAM.

From the willing hands of the little girl just beginning to be useful, to help her mother and take upon herself a part of the burden, to the wrinkled and trembling hands of the grandmother, knitting still in spite of her dim-sighted eyes, all diligent hands are blessed, and God has made nothing else in His world to speak so eloquently of His goodness.

CHARLES WAGNER.

Few things are impossible to diligence and skill. DR. JOHNSON.

July 18

Let no one be for ever seeking his own good, but let each seek that of his fellow-man.

1 Corinthians x. 24.

Learn to subdue thy wayward will,
Each duty earnestly fulfil;
Nor live unto thyself alone;
Seek others' welfare, not thine own.

Have you ever had your path suddenly turn sunshiny because of a cheerful word? Have you ever wondered if this could be the same world because someone has been unexpectedly kind to you? You can make to-day the same for somebody.

Kind words do not cost much, They never blister the tongue or lips. Though they do not cost much, yet they accomplish much. They make other people good-natured.

PASCAL.

It is the secret sympathy,
The silver link, the silken tie,
Which heart to heart, and mind to mind,
In body and in soul can bind.

SIR WALTER SCOTT.

Wear velvet inside you and try to give pleasure every hour of your life. JOUBERT.

July 19

God is our refuge and strength, a very present help in trouble.—Psalm xlvi. 1.

While I bless the hand which gave me
Life and health and all things here,
O may He who died to save me,
To my soul be very dear.
Jesus Christ, my Lord and Saviour,
Let me not ungrateful be;
Let my words and my behaviour,
Prove I love and honour Thee.

A few more smiles of silent sympathy, a few more tender words, a little more restraint on temper, may make all the difference between happiness and half-happiness to those with whom I live. STOPFORD BROOKE.

You will find that the mere resolve not to be useless, and the honest desire to help other people, will, in the quickest and delicatest way, improve yourself. RUSKIN.

If you are in doubt about this and that, worrying about yourself, and not hopeful of anyone else, and for ever restless and anxious, go out and work for others, and you will feel the healthy glow of new life. You will find rest in service. T. RHONDDA WILLIAMS

July 20

Thou hast been my help; leave me not, neither forsake me, O God of my salvation.
Psalm xxvii. 9.

O my God, my Father! hear,
And help me to believe;
Weak and weary I draw near;
Thy Child, O God, receive.
I so oft have gone astray;
To the perfect Guide I flee;
Thou wilt turn me not away,
Thy love is pledged to me.

Each one has the power to add something, at least, to the world's gladness. We can do this in a thousand ways—by being joyful Christians ourselves, making our lives a sweet song; by telling others the joyful tidings of the word of God; by doing kindnesses to all we meet; by comforting sorrow, lifting burdens away, cheering sadness and weariness, and scattering benedictions wherever we go.

J. R. Miller.

We may learn by constant habit to have an eye always open to see the least sorrows and needs of those near or far off, and always to reckon it a privilege and a joy to do something to alleviate them. George Everard.

July 21

Always carry one another's burdens, and so obey the whole of Christ's Law.

Galatians vi. 2.

For My sake cheer the suffering, help the needy,
On earth this was My work; I give it thee.
If thou wouldst follow in thy Master's footsteps,
Take up thy cross, and come and learn of Me.

ANON.

"Up and be doing," is the word that comes from God to each of us. Do something worth living for, worth dying for; something to show that you have a mind and a heart and a soul within you. . . Is there no want, no suffering, no sorrow that you can relieve? Is there no act of tardy justice, no deed of cheerful kindness, no long-forgotten duty that you can perform? Is there no reconciliation of some ancient quarrel, no payment of some outstanding debt, no courtesy, or love, or honour to those to whom it has long been due? If there be any such, I beseech you, in God's name, go and do it. DEAN STANLEY.

We are all bound up in the bundle of life together, every one members one of another; and we cannot free ourselves from the responsibility which this membership lays on each one of us. EMMA MARSHALL.

July 22

I will help thee, saith the Lord, and thy Redeemer.—Isaiah xli. 14.

To comfort and to bless,
To find a balm for woe,
To tend the lone and fatherless
Is angels' work below.

W. W. How.

The happiness of life is not always to have your own way, or to gratify the passing whim, but to find out what you were sent into this world to do, and wherever you are to do as much of it as you can; and if you can't do what you like, you must try and like what you have got to do. There is no lot in life in which some, perhaps most, of our best faculties cannot be drawn out and made to tell, if only we are sufficiently unselfish, sufficiently observant, and sufficiently willing to work.

H. R. Haweis.

Such help as we can give to each other in this world is a debt to each other. Ruskin.

Do what lieth in thy power, and God will assist thy good intention.

Thomas à Kempis.

Make it the interest of others to be your friends. Command honours, as well as bestow them.

Anon.

July 23

Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

Ecclesiastes vii. 9.

Lord! uphold me day by day;
Shed a light upon my way;
Guide me through perplexing snares;
Care for me in all my cares.

J. Conder.

Not by dreams of virtue, which float pleasantly enough about our bed and about our path, nor yet by a sleepy acquiescence in the manners and customs of the respectable part of the community; but by noble actions in which we fight against our own inherited instincts or acquired habits, can we hope to attain the great victory of life.

Benjamin Jowett.

Christianity is a religion of effort, of endeavour to overcome what is bad within us, to curb our wayward desires, to rid ourselves of our lower selfish nature, to labour to live by the law of Christ's life, and on the ruins of our natural self to build up a strong, orderly and godly self, which knows God's purpose in the world . . . which finds its own development to lie naturally in the way of usefulness, tenderness, and love towards those around it.

Creighton.

July 24

A soft answer turneth away wrath; but grievous words stir up anger.

Proverbs xv. 1.

Lord, Thy children guide and keep,
As with feeble steps they press
On the pathway rough and steep,
Through this weary wilderness.
Holy Jesu, day by day,
Lead us in the narrow way.

W. W. How.

Anger and worry do not stimulate to any good end. Anger and worry not only dwarf and depress, but sometimes kill. Anger and worry are bad habits of the mind and not necessary ingredients. Anger and worry are no more necessary than other passions civilized man has learned to control, and it is only needful to realize that they are unnecessary in order to make it impossible to feel, much less to show them. Horace Fletcher.

When others vex and bother us, isn't it a help to think how they tried to vex Jesus, always "watching" to trip Him up? Yet He "did no sin," and understands just how to help us to keep our temper. Ask Him!

M. E. Briscoe.

July 25

Hear, O Lord, and have mercy upon me; Lord, be Thou my helper.—Psalm xxx. 10.

Thine I am, O Lord, for ever
To Thy service set apart;
Suffer me to leave Thee never;
Seal Thine image on my heart.

J. Burton.

You cannot control the behaviour of others towards you; but you can control your own behaviour towards others. Should another wrong you the fault is his; but if you wrong him, the fault is yours. As the flower expands, beautiful tints are absorbed from the sun, till it becomes a miracle of loveliness. As the mind expands, knowledge is absorbed from the Divine, till life becomes in perfect harmony therewith. J. C. Burleigh.

How often, after speaking hastily the thought which was uppermost, and feeling the cheek burn, you have looked back in admiration on someone who held his tongue even though under great provocation to speak.

F. W. Robertson.

Those are good who are able to govern themselves, those are bad who are not. Plato.

July 26

Hold yourselves aloof from every form of evil.—1 Thessalonians v. 22.

Be Thou my soul's preserver,
O God, for Thou dost know
How many are the perils
Through which I have to go.
O loving Jesu, hear my call,
And guard and save me from them all.

J. M. Neale.

Losing the temper takes all the sweet, pure feeling out of life. You may get up in the morning with a clean heart, full of song, and start out as happy as a bird; but the moment you are crossed and give way to your temper, the clean feeling vanishes, and a load as heavy as lead is rolled upon your heart; you go through the rest of the day feeling like a culprit. Anyone who has experienced this feeling knows, too, that it cannot be shaken off, but must be prayed off. Anon.

If thou art tempted to be angry, try hard, by God's grace, to be *very* meek; if to be proud, seek to be very humble. E. B. Pusey.

Unholy tempers are always unhappy tempers. John Wesley.

The mightiest of sovereignties is self-control.

Fr. Benson.

July 27

Keep a strong curb, however, on your youthful cravings; and strive for integrity, good faith, love, peace, in company with all who pray to the Lord with pure hearts.

2 Timothy ii. 22.

Show me the way, O Lord,
And make it plain;
I would obey Thy word,
Speak yet again;
I will not take one step until I know
Which way it is that Thou would'st have me go.

J. E. Saxby.

A Prayer.—Grant, O Lord, that we may carefully watch over our tempers and every unholy feeling; remove whatever in us may be a stumbling block in another's way; that by conforming to Thy will in small things, we may hope by Thy protection and help to pass safely through the greater dangers and trials to which we may be exposed. Amen.

Christina Rossetti.

The life of self-control is not grievous but joyous when we become accustomed to it. It clears the mind; it strengthens the judgment; it elevates the character. It is the true freedom which places us above both our bodies and our minds, and so gives us the true use of them.

Benjamin Jowett.

July 28

O Lord correct me, but with judgment; not in Thine anger, lest Thou bring me to nothing.
Jeremiah x. 24.

Since all that I meet
Shall work for my good,
The bitter is sweet,
The medicine food;
Though painful at present
'Twill cease before long;
And then, O how pleasant
The conqueror's song!

J. Newton.

Learn to be neither depressed unduly by blame, nor, on the other side, to be too much exalted by praise. Life's experience should teach us this. Even in war honours fall as by chance, with cruel and ludicrous injustice; often the hero whom the populace worship is only made so by accident. Often the coronet falls on brows that least deserve it.

F. W. Robertson.

It is never a real honour to be given an easy place. Instead of demanding a place of honour as a favour of friendship, which sets no seal of real greatness upon our brow, we should win our place of honour by worthy deeds and services.

J. R. Miller.

July 29

The sufferings that you are enduring are for your discipline. God is dealing with you as sons; for what son is there whom his father does not discipline?—Hebrews xii. 7.

The world is but the rugged road
Which leads us to the bright abode
Of peace above;
So let us choose the narrow way,
Which leads no traveller's foot astray
From realms of love.

S. LONGFELLOW.

There are trials in life which may be compared to the burning of a fiery furnace. Bereavement is such a trial; disappointment is such a trial; above all, temptation itself is such a trial. From these things no child of God may be exempt. He must consent to be cast into the flame. But if he is strong, if he is true, he will not be alone in the hour of his spiritual suffering; he shall be conscious of a more than human presence, consoling, inspiring him; the breath of fire shall not pass upon him to scathe him; for "The form of the fourth is like the son of God." J. E. C. WELLDON.

God will not have His work made manifest by cowards. EMERSON.

July 30

As a good soldier of Christ Jesus accept your share of suffering.—2 Timothy ii. 3.

Above all make your own life a pattern of right conduct.—Titus ii. 7.

I know not what awaits me,
The path I cannot see;
I leave its toils and dangers
With Him who died for me.
So, step by step, I follow
Wherever He may lead;
He'll bear me safely onward,
Supplying every need.

We are moral beings, with power of choice. God never compels us to be good. If He did we would be only machines. He helps us to meet and overcome temptation if we look to Him for help. Therefore, if we fall the fault is our own, never God's.

The hardnesses of our experiences, which seem to us to be more than we can possibly endure, make the very school of life for us in which we learn our best lessons, and grow into whatever beauty and Christlikeness of character we attain. J. R. Miller.

July 31

If we patiently endure pain, we shall also share His Kingship. If we disown Him, He will also disown us.—2 Timothy ii. 12.

As God leads me, will I go,
Nor choose my way;
Let Him choose the joy or woe
Of every day;
They cannot hurt my soul,
Because in His control:
I leave to Him the whole—
His children may.

L. Gedicke.

There is nothing like life's drudgery to make men and women of us. You chafe under it. You sigh for leisure, to be freed from bondage to hours, to duties, to tasks, to appointments, to rules, to the treadmill round. Yet this is God's school for you. It may be a cross. Yes; but all true blessing comes to us hidden under the ruggedness and the heaviness of a cross. We do not grow most in the easiest life. Accept your treadmill round, your plodding, your dull task—work, and do all well—do always your best—and you will grow into strong, noble characters. J. R. Miller.

August 1

I will teach you the good and the right way.
1 Samuel xii. 23.

Look straight at all things from the soul,
But boast not much to understand;
Make each new action sound and whole,
Then leave it in its place unscanned.

Affectionateness, maidenly self-possession, and a quiet spirit, are more likely to bud into a beautiful character hereafter than that impetuosity of sentiment which too often makes life the prey of wild and self-destructive passions. Principle is a higher thing than feeling, and will stand life's terrible test far better. F. W. Robertson.

Instead of exacting and vindicating thine own utmost right, set light by thy sufferings and wrongs, and study and labour with all thy power to excel in charity, and to do good to all.
Richard Baxter.

People do not do wrong because they do not know what is right, but because they have no proper motive to do it. This is the real point about religion. It gives a motive to do the will of God. Creighton.

Unless virtue guide us, our choice must be wrong. William Penn.

August 2

Jesus Christ is the same yesterday and to-day—yes, and to the ages to come.

Hebrews xiii. 8.

Be strong, be good, be pure!
Right only shall endure.

H. W. Longfellow.

There is no end to the sufficiency of character. It can afford to wait; it can do without what is called success; it cannot but succeed. To one who is well-principled existence is victory. He defends himself against failure in his main design by making every inch of the road to it pleasant. There is no trifle and no obscurity to him; he feels the immensity of the chain whose last link he holds in his hand, and is led by it. Having nothing, this spirit hath all. It makes no stipulations for earthly felicity —does not ask, in the absoluteness of its trust, even for the assurance of continued life.

Emerson.

Nobleness of character is nothing but steady love of good, and steady scorn of evil.

J. A. Froude.

There could be no better test of life's action than the question: "How will this appear when I look back upon it from the end? Will it give me pleasure or pain?"

August 3

The steps of a good man are ordered by the Lord; and He delighteth in his way.

Psalm xxxvii. 23.

Let us then be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labour and to wait.

H. W. Longfellow.

I would have honesty and sincerity so incorporated with the constitution . . . that a man must be forced to find it out, whether he would or no . . A man of integrity, sincerity and good nature can never be concealed, for his character is wrought in his countenance.

Marcus Aurelius.

None of us can tell for what God is educating us. We fret and murmur at the narrow round and daily task of ordinary life; not realising that it is only thus that we can be prepared for the work that awaits us. F. B. Meyer.

He that does good to another, does also good to himself; not only in the consequence, but in the very act of doing it; for the consciousness of well-doing is an ample reward. Seneca.

Happiness is not the end of life; character is.

August 4

Let us not abate our courage in doing what is right; for in due time we shall reap a reward if we do not faint.—Galatians vi. 9.

Things that are worth the winning
Must ever at cost be won,
A feeble wish can accomplish naught,
And see no great thing done;
They that are wise press onward,
They who are strong ascend;
So be not stilled by a great defeat,
But begin again, my friend.

MARIANNE FARNINGHAM

One of the sterling virtues in practical life is continuance—continuance through all obstacles, hindrances and discouragements. It is unconquerable persistence that wins. The paths of life are strewn with the skeletons of those who fainted and fell in the march. Life's prizes can be won only by those who *will not fail.* Success in every field must be reached through antagonism and conflict.

J. R. MILLER.

Be thou prepared for the fight if thou wilt have the victory. If thou desire to be crowned, fight manfully, endure patiently.

THOMAS À KEMPIS.

August 5

Do you not know that in the foot-race, the runners all run, but that only one gets the prize? You must run like him, in order to win with certainty.—1 Corinthians ix. 24.

Be not dismayed at present ill success.
Failure is oft the very pediment
Of huge successes; and defeat itself,
If not a sure, a hopeful augury
Of victory by and by.

S. W. Partridge.

Efforts are always successes. It is a greater thing to try without succeeding than to succeed without trying. W. W. How.

Failure after long perseverance is much grander than never to have a striving good enough to be called a failure.

George Eliot.

The great successes of the world have been affairs of a second, a third, nay, a fiftieth trial. John Morley.

Great works are performed not by strength, but by perseverance. Steele.

All things are possible to prayer, faith, *and grind.* Bishop Butler.

August 6

My righteousness I hold fast, and will not let it go; my heart shall not reproach me so long as I live.—Job xxvii. 6.

Attempt the end, and never stand to doubt;
Nothing's so hard but search will find it out.

ROBERT HERRICK.

Real merit is not in the success but in the endeavour. PUNSHON.

Do not, for one repulse, forego the purpose
That you resolv'd to effect.

SHAKESPEARE.

If what shone afar so grand
Turn to nothing in thy hand,
On again; the virtue lies
In the struggle, not the prize.

R. M. MILNES.

Evils in the journey of life are like the hills which alarm travellers upon their road; they both appear great at the distance, but when we approach them we find that they are far less insurmountable than we had conceived.

COLTON.

Seek the Lord and His strength, seek His face continually. DAVID.

August 7

He who holds out to the end—he will be saved.—Matthew x. 22.

Better to strive and climb,
And never reach the goal,
Than to drift along with time,
An aimless, worthless soul.
Aye, better to climb and fall,
Or sow though the yield be small;
Than to throw away day after day,
And never strive at all.

Practise thyself even in the things which thou despairest of accomplishing. For even the left hand, which is ineffectual for all other things for want of practice, holds the bridle more vigorously than the right hand; for it has been practised in this.

MARCUS AURELIUS.

Not to sudden and bold strokes does the marble owe its utmost perfectness. No, but to the silent, oft-repeated passages of the chisel over the stone . . . It is these that leave the statue a marvel and a desire.

BARBOUR.

There is a limit to our achievement; but none to our attempt. PHILLIPS BROOKS.

August 8

Take My yoke upon you and learn from Me; for I am gentle and lowly in heart, and you will find rest for your souls. For it is good to bear My yoke, and My burden is light.

Matthew xi. 29.

Persevere! Thy yoke is light.
Persevere! Thy crown is bright.
Persevere, and we shall sing
In the palace of our King.

E. H. Mitchell.

No doubt natural tendency, or early influences, may make it harder for some of us to be sweet-spirited and sunny-tempered; but because it is hard, because there is so much to overcome, we need not give up the endeavour as useless and unavailing. J. R. Miller.

Shun no toil to make yourself remarkable for some talent or other. Seneca.

If we would make our work felt and remembered, though our names be forgotten, the principle which Paul acted upon must be the basis of our action. We must find our work and concentrate all our powers thereon.

George Hay Morgan.

August 9

God, the giver of all grace. . . . will Himself make you perfect, firm, and strong.
1 Peter v. 11.

May every thought of mine this day
Be pure as sunshine's clearest ray.
May every word that I shall speak
Be wise and gentle, true and meek.
May every act be just and kind,
From dross of selfishness refined.
May thought, and act, and kindly word,
Together bound, a threefold cord,
Reach out to men, and help me save
Some sinking one from sin's cold wave.

Set before you high models. Try to live with the most generous, and to observe their deeds. Unquestionably, good men set the standard of life. F. W. Robertson.

Try thyself unweariedly till thou findest the highest thing thou art capable of doing, faculties and outward circumstances being both duly considered, and then *do* it.
J. S. Mill.

Aim, young man,
At something loftier than mere success;
The worst live oft for this.
S. W. Partridge.

August 10

Thou will keep him in perfect peace, whose mind is stayed on Thee; because he trusteth in Thee.—Isaiah xxvi. 3.

Still must I climb if I would rest;
The bird soars upward to his nest,
The young leaf on the tree-top high
Cradles itself within the sky,

I cannot in the valley stay;
The great horizons stretch away;
The very cliffs that wall me round
Are ladders unto higher ground.

I am not glad till I have known
Life that can lift me from mine own;
A loftier level must be won,
A mightier strength to lean upon.

LUCY LARCOM.

Be constant to your first purpose, content with the skill you are sure of commanding, and desirous only of the praises which belong to patience and discretion. RUSKIN.

So live with men as if God saw you; so speak with God as if men heard you. SENECA.

Do let us watch against, and in Christ's strength mortify, that self which loves to be exalted, even at another's expense.

CHARLOTTE MURRAY.

August 11

Fear God, and keep His commandments: for this is the whole duty of man.

Ecclesiastes xii. 13.

'Tis sweet to work for Jesus;
Be this our one desire,
Our purpose still to do His will
Whatever He require.
No action is too lowly,
No work of love too small;
If Christ but lead, we may indeed
Well follow such a call.

F. R. Havergal.

In return for the love which led the Son of man to die for us upon the Cross, we cannot give Him holy lives, for our lives are not holy. We cannot give Him pure souls, for our souls are not pure; but this one thing we can give, and this is what He asks, hearts that shall never cease, from this day forward, till we reach the grave, to strive to be more like Him.

Archbishop Temple.

Our thoughts, good or bad, are not in our command, but everyone of us has at all hours duties to do, and these he can do negligently, like a slave, or faithfully like a true servant.

Carlyle.

August 12

Have full sympathy with one another. Do not give your mind to high things, but let humble ways content you. Be not wise in your own conceits.—Romans xii. 16.

Help us, dear Lord, Thy yoke to wear,
And joy to do Thy will;
Each other's burdens gladly bear,
And love's sweet law fulfil.

DR. DODDRIDGE.

You should make a special point of asking God every morning to give you, before all else, that true spirit of meekness which He would have His children possess. You must also make a firm resolution to practise yourself in this virtue, especially in your intercourse with those persons to whom you chiefly owe it.

FRANCIS DE SALES.

It takes us all our days to learn these two things—to be meek and to be lowly.

ANDREW A. BONAR.

Let another praise thee, and not thine own mouth; a stranger, and not thine own lips.

SOLOMON.

August 13

Thou shalt love thy fellow men as much as thyself.—Matthew xxii. 39.

My religion is love, 'tis the noblest and purest;
My temple the universe wisest and surest;
I worship my God through His works that are fair,
And the joy of my heart is perpetual prayer.

PRINCE.

We must be as courteous to a man as we are to a picture, which we are willing to give the advantage of a good light. EMERSON.

Power itself has not one half the might of gentleness. LEIGH HUNT.

Good manners, as we call them, are neither more nor less than good behaviour, consisting of courtesy and kindness. SMILES.

I believe that an act of courtesy has not seldom had results far beyond that which we should have thought possible, and the lack of it has done irreparable mischief to many a soul very precious in the sight of God.

G. EVERARD.

August 14

In speech, conduct, love, faith and purity, be an example for your fellow Christians to imitate.—1 Timothy iv. 12.

Come comrades, let us go,
We travel hand in hand;
Each in his brother finds his joy
In this wild stranger land.
The strong be quick to raise
The weaker when they fall;
Let love and peace and patience bloom
In ready help for all.

G. Tersteegen.

No fatigue was too great to make him forget the courtesy of less wearied moments; no business too engrossing to deprive him of his readiness to show kindness and sympathy.

From Life of C. Kingsley.

Small kindnesses, small courtesies, small considerations, habitually practised in our social intercourse, give a greater charm to the character than the display of great talents and accomplishments. M. A. Kelly.

Your manners will depend very much upon the quality of what you frequently think on; for the soul is, as it were, tinged with the colour and complexion of thought.

Marcus Aurelius.

August 15

Be joyful, secure perfection of character, take courage, be of one mind, live in peace.
2 Corinthians xiii. 11.

Make us of one heart and mind;
Courteous, pitiful and kind;
Lowly, meek in thought and word,
Altogether like our Lord.
C. Wesley.

A harsh, careless word may inflict a worse wound than a blow; and the discomfort created by habitual indifference to the convenience, tastes, opinions and prejudices of those about us may be harder to bear than positive physical pain. Discourtesy occasions not merely suffering, but sin; and Christian courtesy is a "means of grace" to all who have the happiness to receive it. R. W. Dale.

Life is not so short but that there is always time enough for courtesy. Emerson.

True politeness is perfect ease and freedom. It simply consists in treating others just as you love to be treated yourself.
Lord Chesterfield.

August 16

A bondservant of the Lord must not quarrel, but must be inoffensive towards all men.
2 Timothy ii. 24.

Lord! subdue our selfish will;
Each to each our tempers suit,
By Thy modulating skill,
Heart to heart, as lute to lute.
C. Wesley.

Manners are the ornament of action, and there is a way of speaking a kind word, or of doing a kind thing, which greatly enhances its value. What seems to be done with a grudge, or as an act of condescension, is scarcely accepted as a favour. Smiles.

Good manners are made up of petty sacrifices.
Emerson.

Courtesy is itself a form of service. By gentleness of manner, by an unobtrusive sympathy, by thoughtfulness for others in little things, we may smooth the roughnesses of life for those with whom we live, soothe their vexation, and contribute more to their real happiness than by great and signal acts of generosity. R. W. Dale.

August 17

Better is the poor that walketh in his uprightness, than he that is perverse in his ways, though he be rich.—Proverbs xxviii. 6.

The lily's lips are pure and white, without a
touch of fire ;
The rose's heart is warm and red, and sweetened
with desire.
In earth's broad fields of deathless bloom the
gladdest lives are those
Whose thoughts are as the lily and whose love
is like the rose. N. Waterman.

It may not be ours to be subtle, and learned, and logical, but it may be ours to be noble, and sweet, and pure. Dean Farrar.

What we ought not to do we should not even think of doing. Epictetus.

Send down Thy likeness from above
And let this my adorning be :
Clothe me with wisdom, patience, love,
With lowliness and purity.
Joachim Lange.

Be brave, and honest, and pure, and God will be with you.

With the pure, thou wilt shew thyself pure.
David.

August 18

But now you must rid yourselves of every kind of sin—angry and passionate outbreaks, ill-will, evil speaking, foul-mouthed abuse—so that these may never soil your lips.

Colossians iii. 8.

God shall charge His angel legions
Watch and ward o'er thee to keep;
Though thou walk through hostile regions,
Though in desert wilds thou sleep.
Since, with pure and firm affection,
Thou on God hast set thy love,
With the wings of His protection
He will shield thee from above.

JAMES MONTGOMERY.

Beware of the first evils; for as sure as you are living, the first step taken will make the second seem to become necessary. The first drop will be followed by a bigger second, and the second, at a shorter interval, by a more copious third, until the drops become a shower, and the shower becomes a deluge.

ALEXANDER MACLAREN.

If you want your neighbour to know what the Christ spirit will do for him, let him see what it has done for you. H. W. BEECHER.

August 19

A good name is rather to be chosen than great riches, and loving favour rather than silver and gold.—Proverbs xxii. 1.

I pray the prayer of Plato old;
God make thee beautiful within,
And let thine eyes the good behold
In everything save sin.

J. G. Whittier.

Bad thoughts become impossible to those who rigorously submit to righteous principle which the Spirit of God breathes into character from time to time. When habits and motives become thoroughly pure, when slothfulness and self-indulgence cease, then thoughts become pure also. Mozoomdar.

Every neglect of your present opportunities of service . . . every self indulgent extravagance, every waste of time, every wilful sin, every act of impurity—every one of these grieves in you the long-suffering Spirit of God's grace. S. Wilberforce.

Be pure in heart and word if you want to enter the Heavenly City. "Blessed are the pure in heart, for they shall see God."

M. E. Briscoe.

August 20

Touch nothing impure; and I will receive you and will be a Father to you, and you shall be My sons and daughters.

2 Corinthians vi. 17-18.

Bless'd are the pure in heart,
For they shall see our God;
The secret of the Lord is theirs,
Their soul is Christ's abode.

KEBLE.

It is dangerous to fall into impure conversation: when anything of the kind is said before you, if the place and person permits, reprove him that spoke; if that is not convenient, by your blushes and your silence show at least that you are displeased. EPICTETUS.

There is not any virtue, the exercise of which even momentarily will not impress a new fairness upon the features. RUSKIN.

Have done with all evil talk, and evil thoughts, and all that you know to be wrong. "Ye that love the Lord, hate evil." Refuse to have anything to do with it. O Heavenly Father, "lead me not into temptation, but deliver me from evil. Amen."

M. E. BRISCOE.

August 21

Blessed are the pure in heart, for they shall see God.—Matthew v. 8.

Do not deceive yourselves. Evil companionships corrupt good morals.

1 Corinthians xv. 33.

O Saviour, give us then Thy grace
To make us pure in heart,
That we may see Thee face to face
Hereafter as Thou art.

The happiness of early life depends upon its innocency; we cannot rejoice in idleness, nor in self-indulgence, nor in sin.

BENJAMIN JOWETT.

Keep an innocent heart, and you need never fear trouble. DEAN FARRAR.

To dread no eye, and to suspect no tongue, is the great prerogative of innocence.

DR. JOHNSON.

Bless us, Father, as we bow;
Breathe Thy peace words o'er us now;
Make us happy, pure and good,
Full of love and gratitude.

MARIANNE FARNINGHAM.

August 22

He that hath clean hands shall be stronger and stronger.—Job xvii. 9.

Jesu, vouchsafe us, day by day
To follow Thy humility,
And offer, as we kneel and pray,
Pure minds and chasten'd hearts to Thee.

Never lose an opportunity of seeing anything beautiful. Welcome it in every fair face, every fair sky, every fair flower, and thank Him for it who is the fountain of all loveliness, and drink it simply and earnestly with all your eyes. It is a charmed draught, a cup of blessing.

C. Kingsley.

Let people's tongues and actions be what they will, my business is to be good; and I make the same speech to myself that a piece of gold or an emerald or purple should.—"Let people talk and act as they please; I must be an emerald, and keep my colour."

Marcus Aurelius.

No life can be pure in its purpose and strong
in its strife,
And all Life not be purer and stronger thereby.

Lytton.

August 23

Create in me a clean heart O God; and renew a right spirit within me.—Psalm li. 10.

I would be Thine! oh, tender Father-heart,
I would no longer dwell,
Lonely and sad, from Thee, my God, apart,
I would be loved so well
That thou should'st keep me ever by Thy side,
And I would nevermore be satisfied
Unless I feel Thy light upon me shine—
I would be Thine!

God grant that ours may be hands useful in the home—hands stretched out in compassion to the needy—hands that are indeed the index of a Christ-like heart, manifested in a life which He Himself can bless. CHARLOTTE MURRAY.

Let me get up every morning with this for the instantaneous thought, that my Master wakes me. I wake, I rise, His property. And let me continually, in the habit of my thought, be coming again into that Presence-chamber to renew the act of that dedication and submission. H. C. G. MOULE.

There are two things we should ever keep before us—that we may never be ashamed of the Gospel, and that we may never be a shame to it.

August 24

The Lord is thy keeper; the Lord is thy shade upon thy right hand.—Psalm cxxi. 5.

Giver of holy words,
Bestow Thy holy power;
And aid me, whether work or thought
Engage the varying hour.

In Thee have I my help,
As all my fathers had;
I'll trust Thee when I'm sorrowful,
And serve Thee when I'm glad.

T. T. Lynch.

Remember when you go into the battle that the battle is the Lord's, and that the standard under which you war is that of the God for whose cause you contend—none else and none less than Jehovah Himself. You are consecrated soldiers, set apart to fight for God. All Christians have a battle to fight, of which they do not think loftily enough unless they clearly and constantly recognise that they are fighting on God's side. Alexander MacLaren.

Consecration is going out into the world where God Almighty is, and using every power for His glory. H. W. Beecher.

August 25

The Son of man also did not come to be waited upon, but to wait on others.

Mark x. 45.

Oh, fill me with Thy fulness, Lord,
Until my very heart o'erflow,
In kindling thought and glowing word,
Thy love to tell, Thy praise to show.

F. R. Havergal.

We may be tested to-day in some special manner. We may be asked to give up something in our lives, which, though not harmful to us, is a hindrance to someone else; to call on somebody who has no attraction for us; to speak out when we would much rather be silent; to make a decided stand for the right, when our natural inclination would be to let things go. Then may the language of our hearts be, "To minister, O God, as Thou shalt choose, is my chief desire." Charlotte Murray.

We are debtor to every man we meet. We owe him love; we owe him service. We are not to set ourselves up on little thrones, and demand homage and service from others. Rather *we* are to do the serving. Christ came "not to be ministered unto, but to minister," and we should be as our Lord.

J. R. Miller.

August 26

Live and act as sons of Light—for the effect of the Light is seen in every kind of goodness, uprightness and truth.

Ephesians v. 9.

Press on and reach the goal,
And gain the prize, and wear the crown ;
Faint not, for to the steadfast soul
Come wealth, and honour and renown.
To thine own self be true, and keep
Thy mind from sloth, thy heart from soil.
Press on, and thou shalt surely reap
A heavenly harvest for thy toil.

PARK BENJAMIN.

It is a good and safe rule to sojourn in every place as if you meant to spend your life there ; never omitting an opportunity of doing a kindness, or speaking a true word, or making a friend. RUSKIN.

He that does good, for good's sake, seeks neither praise nor reward ; though sure of both at last. WILLIAM PENN.

Be obedient to yourself, bounteous to the good, and ready to aid the upright.

PLANTUS

August 27

Now therefore hearken unto Me, O ye children: for blessed are they that keep My ways.—Proverbs viii. 32.

Teach me to love, and work, and give,
To pray, and praise, and keep the tryst,
And all my happy life to live
Confessing Christ.

MARIANNE FARNINGHAM.

Blessed is he who has found his work; let him ask no other blessedness. CARLYLE.

Our duty is to be useful, not according to our desires, but according to our powers.

AMIEL'S JOURNAL.

Redressing a wrong is not to punish the one who has given the wound, but to smooth the smart of him who has received it.

GEORGE HAY MORGAN.

Behaviour is a mirror in which everyone displays his image. GOETHE.

Choose early some great purpose for thy life,
And persevere in it; some honoured guest
That shall have every petty, wandering thought,
And focus thy affections. S. W. PARTRIDGE.

August 28

Let the words of my mouth, and the meditation of my heart, be acceptable in Thy sight, O Lord, my strength and my Redeemer.

Psalm xix. 14.

Search thine own heart. What paineth thee
In others, in thyself may be;
All dust is frail, all flesh is weak;
Be thou the true man thou dost seek.

J. G. WHITTIER.

It is not what I have, but what I am, that matters. My self must be the measure of my wealth. The heart is the true purse. We cannot have more than we really are.

School thy tongue;
A single right word may a lever be
To elevate some thoughtless listener
To a diviner life. S. W. PARTRIDGE.

No purpose is so great but that slight actions may be done so as to help it much, most especially that chief of all purposes—the pleasing of God. RUSKIN.

There is no substitute for thorough-going, ardent, sincere earnestness.

CHARLES DICKENS.

August 29

Do not be careless about the gifts with which you are endowed. 1 Timothy iv. 14.

Honour and shame from no condition rise;
Act well your part, there all the honour lies.
ALEXANDER POPE.

The child that speaks truth for the sake of the praise of truth is not truthful. A man who is honest because honesty is the best policy has not integrity in his heart. He who endeavours to be humble and holy and perfect in order to win heaven has only a counterfeit religion. God for His own sake—Goodness because it is good—Truth because it is lovely; this is the Christian's aim. The prize is only an incentive. F. W. ROBERTSON.

Be thorough; do not neglect little things; do not think the details of life are unimportant; be content to be diligent and honest before you aim at being magnanimous and distinguished.
CREIGHTON.

Take care lest thou appear to be what thou art not. OVID.

You are after all *what you are.* Deck yourself in a wig with a thousand locks; ensconce your legs in buskins an ell high; you still remain just *what you are.* GOETHE.

August 30

Let each contribute what he has decided upon in his own mind, and not do it reluctantly or under compulsion.—2 Corinthians ix. 7.

To be the thing we seem,
To do the thing we deem
  Enjoined by duty;
To walk in faith, nor dream
Of questioning God's scheme
  Of truth and beauty. ANON.

Learn to act honestly, to act boldly, and a chance moment, an unforeseen accident, may transform the inly noble man into a hero whom all will acknowledge. CREIGHTON.

We have few faults that are not more pardonable than the means we use to hide them.
LA ROCHEFOUCAULD.

Better the fountain in the heart
Than the fountain by the way.
GEORGE MACDONALD.

We have no right to live idle and useless lives. A useless life is as bad as—nay, worse than—death. One had better be dead than living an idle, profligate, selfish and useless life. BISHOP FRASER.

August 31

He who wishes to be well satisfied with life and see happy days, let him restrain his tongue from evil, and his lips from deceitful words.

1 Peter iii. 10.

Help me, my God, to speak,
True words to Thee each day;
Real let my voice be when I praise,
And trustful when I pray.

H. Bonar.

We are rewarded, not according to our sphere, or the results of our work, but according to the sincerity and beauty of our motives.

F. B. Meyer.

Sincerity is to speak as we think, to do as we pretend and profess, to perform and make good what we promise, and really to be what we would seem and appear to be.

Archbishop Tillotson.

Always remember that sincerity is the soul of religion. A single intention to please God ought to govern all that we do.

Sincerity is the basis of every virtue.

Dr. Blair.

True bravery is shown by performing without witnesses what one might be capable of doing before all the world.

La Rochefoucauld.

September 1

If you love Me you will obey My commandments.—John xiv. 15.

Whatsoe'er I be or do,
Let me honest be and true;
Never wear a false pretence,
Never speak with double sense,
Claim a grace I have not got,
Or look the thing that I am not.

Let us watch and pray, particularly that we may have a conscience, not morbid indeed, but really awake. Above all, let us cultivate communion with God; a hundred "cases of conscience" will solve themselves if we live near Him. H. C. G. Moule.

Cowardice asks, Is it safe? Expediency asks, Is it politic? Vanity asks, Is it popular? but Conscience asks, Is it right? Punshon.

When conscience is our enemy there is no chance of a mind at ease. Dean Farrar.

Remember the wide difference between trying to set an example, and living so as to be an example. S. Wilberforce.

September 2

Lead me, O Lord, in Thy righteousness because of mine enemies; make Thy way straight before my face.—Psalm v. 8.

Is this the way, my Father? 'Tis, my child.
Thou must pass through this tangled, dreary wild,
If thou wouldst reach the city undefiled,
Thy peaceful home above.

ANON.

Little daily worries are heaven-sent messengers to help you on the way home. What would you think of a sailor complaining of the wind that bears him homeward? A day spent among these worries is a day in God's school. One might say that the way to make the best of them is to make the least of them.

ANDREW A. BONAR.

Fear not the lions, for they are chained, and are placed there for trial of faith where it is, and for the discovery of those that have none. Keep in the midst of the path, and no hurt shall come to thee. BUNYAN.

If anything difficult or disagreeable has to be done, the less we hesitate about doing it the better. CHARLOTTE MURRAY.

September 3

And may the Lord guide your hearts into the love of God and into the patience of Christ.
2 Thessalonians iii. 5.

Father, lead me day by day,
Ever in Thine own sweet way;
Teach me to be pure and true,
Show me what I ought to do.

J. P. Hopps.

There are strong reasons why you, to whom so many look, should decide early to be on Christ's side. There are dangers and snares around you that you know not of. You may feel self-confident enough, but that does not make you safe. You need a guide to direct you, a strong arm to help you.

Marianne Farningham.

If we choose our own way, we shall go wrong somewhere; but God's choice is sure to be right. Lord, guide me to-day in my work, my conversation, and my thoughts.

M. E. Briscoe.

Let us cheerfully recognise that if the Good Shepherd is leading us, there is no such thing as accident.

Canon Newbolt.

September 4

This God is our God for ever and ever: He will be our Guide even unto death.

Psalm xlviii. 14.

Guide us through life, and when at last
We enter into rest,
Thy tender arms around us cast,
And fold us to Thy breast.

H. F. Lyte.

Sometimes, and often, there will be perplexities in our daily life, and conflicts very hard to unravel. We shall often be brought where we cannot see which way the Banner is leading us. What then? "It is good that we should both hope and quietly wait" for the salvation and for the guidance of our God. And we shall generally find that it is when we are looking too far ahead that we do not get guidance. You will not get guidance to-day for this day next week. When this day next week comes it will bring its own enlightenment with it.

"Lead, kindly light . . .
. . . One step enough for me."

Alexander MacLaren.

To follow God's guidance is to attain true peace. Whatever faults cling to us through our lives are chiefly due to our self-will taking the government of our lives into its hands.

Anon.

September 5

O send out Thy light and Thy truth; let them lead me; let them bring me into Thy holy hill and to Thy tabernacles.—Psalm xliii. 3.

I do not ask, O Lord, that life may be
A pleasant road;
I do not ask that Thou wouldst take from me
Aught of its load.

For one thing only, Lord, dear Lord, I plead,
Lead me aright,
Though strength should falter, and though heart should bleed,
Through peace to light.

A. A. Procter.

We mustn't be in a hurry to fix and choose our own lot; we must wait to be guided. We are led on by a way that we know not. It is a vain thought to flee from the work that God appoints us, for the sake of finding a greater blessing to our own souls, as if we could choose for ourselves where we shall find the fulness of the Divine Presence, instead of seeking it, where alone it is to be found, in loving obedience.

George Eliot.

Guide me, O Thou great Redeemer,
Pilgrim through this barren land;
I am weak, but Thou art mighty,
Hold me with Thy powerful hand.

W. Williams.

September 6

This is the charge which I entrust to you, my son Timothy . . . that you may be continually fighting the good fight.

1 Timothy i. 18, 19.

Fight the good fight with all thy might,
Christ is thy Strength and Christ thy Right;
Lay hold on life, and it shall be
Thy joy and crown eternally.

Run the straight race through God's good grace,
Lift up thine eyes and seek His face;
Life with its way before thee lies,
Christ is the path and Christ the prize.

J. S. B. Monsell.

We each have our particular giants to fight, and sometimes when we think them quite dead, up they spring again; but don't let us be discouraged, whether in our fight against sloth, pride, self-pleasing, temper, discontent, anxious care, or whatever it is. Let us give no quarter; and then (we may not know *directly* it is done) some day we shall find, to our joy, that our Deliverer, with His mighty sword, has beheaded our foe. Charlotte Murray.

If there be no enemy, no fight; no fight, no victory; no victory, no crown.

Savonarola.

September 7

Wealth gotten by vanity shall be diminished: but he that gathereth by labour shall increase.
Proverbs xiii. 11.

He liveth longest who can tell
Of true things truly done each day.
H. Bonar.

Earth is brimful of possibilities for those who see and seize them. The rough quartz longs to yield up his veins of ruddy gold to the skilled smelter. The bright diamond sighs for the digger's spade. The canvas yearns for artist fingers. Go, be a worker somewhere.
S. W. Partridge.

The law of nature is, that a certain quantity of work is necessary to produce a certain quantity of good of any kind whatever; if you want knowledge, you must toil for it.
Ruskin.

Labour is not only a necessity and a duty, but a blessing; only the idler feels it to be a curse. In the school of labour is taught the best practical wisdom. Smiles.

Undertake some labour that the devil may find thee always occupied. S. Jerome.

September 8

The heavens declare the glory of God; and the firmament sheweth His handywork.

Psalm xix. 1.

Happy we live, when God doth fill
Our hands with work, our hearts with zeal;
For every toil, if He enjoin,
Becomes a sacrifice divine;
And, like the blessed spirits above,
The more we serve, the more we love.

C. Wesley.

Once look upon every work of our hands or our heads as honourable in the sight of God, we shall get rid at once of the scornful indifference, the impatient longing to be done with it, the vulgar prejudice against serving under anyone, the passion for "pleasing one's self" which lies at the root of so much of the bad workmanship of the present day.

Lady Frederick Cavendish.

Love labour. For if thou dost not want it for food, thou mayst for physic. It is wholesome for thy body and good for thy soul.

William Penn.

Whether our work be great or little, we have to do it; and to try our very best to do it perfectly.

Agnes Giberne.

September 9

Come to Me, all you toiling and burdened ones, and I will give you rest.

Matthew xi. 28.

Deem not thy toil obscure :
It shall have lustre, being rarely done.
Not ours to choose, but ours to use aright
The gifts of God, or ten or only one.

ANON.

We are not put into this world for idle ease, but for most earnest work. They misunderstood the meaning of Christian life who, in olden days, fled away to the deserts and dwelt in huts and caves and lonely cells, far from the noise and strife of the world ; and they misread the Divine writings also who think in these days, to serve Christ only in prayer and devotion, while they go not out to toil for Him. J. R. MILLER.

Those who work faithfully will put themselves in possession of a glorious and enlarging happiness. RUSKIN.

He who does nothing is worth nothing. An ass who works is a king by the side of an idle man. CHARLES WAGNER.

September 10

In solemn truth I tell you that in so far as you rendered such services to one of the humblest of these My brethren, you rendered them to Myself.—Matthew xxv. 40.

God loves a cheerful giver—
Not one who grudgingly
Yields up a scanty service
For all His bounties free.

Let heart, and hand, and brain, then,
Each its best work afford ;
" With goodwill doing service
As unto Christ the Lord."

ANON.

It is the little, unnoticed acts of service to others ; the cheerful and unanswering obedience to mother or mistress ; the sharp retort unspoken ; the faithful protest by silence, or by leaving the room, against unseemly or sinful talk ; the patient endurance of the small worries of life—such are a few of the daily trifles which go to make up the life of perfection.

E. M. MEYNELL.

He serves the best of masters who serves Christ ;
The worst, who serves the devil.

S. W. PARTRIDGE.

September 11

Serve Him with a perfect heart and with a willing mind.—1 Chronicles xxviii. 9.

Our Master all the work hath done
He asks of us to-day;
Sharing His service every one
Share, too, His sonship may;
Lord, I would serve and be a son;
Dismiss me not, I pray.

T. T. Lynch.

You cannot set the world aright, or the times, but you can do something for the truth; and all you can do will certainly tell if the work is for the Master. This assurance makes peace, satisfaction and repose possible even in the partial work done upon earth. Go to a man who is carving a stone for a building; ask him where is that stone going, to what part of the temple, and how he is going get it into place; and what does he do? He points you to the builder's plans. This is only one stone of many. So when men shall ask where and how is your little achievement going into God's plan, point them to your Master who keeps the plans, and then go on doing your little service as faithfully as if the whole temple were yours to build. Phillips Brooks.

September 12

Only fear the Lord, and serve Him in truth with all your heart: for consider how great things He hath done for you.

1 Samuel xii. 24.

Yet weak and blinded though we be,
Thou dost our service own;
We bring our varying gifts to Thee,
And Thou rejectest none.

Apart from Thee all gain is loss,
All labour vainly done;
The solemn shadow of Thy cross
Is better than the sun.

J. G. Whittier.

The Golden Rule rests upon a deep principle in life: "Whatsoever ye would that men should do to you, do ye even so to them." What we do to others they will do to us. That is the principle. If we want mercy, we must be merciful; if we expect sympathy and help, we must give both sympathy and help.

J. R. Miller.

We cannot all hope that our names will be frequent in the mouths of men, but we can all be examples of a wise, sincere, upright life and thoughtful heart to the little circle within which we live. Creighton.

September 13

Live and act lovingly, as Christ also loved you.—Ephesians v. 2.

Dismiss me not Thy service, Lord,
But train me for Thy will;
For even I, in fields so broad,
Some duties may fulfil;
And I will ask for no reward,
Except to serve Thee still.

T. T. Lynch.

Let us be always trying to make other lives brighter and happier, bringing the sunshine of Jesus with us, and passing it on to some one else.

M. E. Briscoe.

It is well that we do only things that are worth while; things that are right and true and pure and lovely, things that will last for ever.

J. R. Miller.

We are to be kind and good, whatever comes of it, remembering that we are not responsible for events beyond our control.

Dean Farrar.

It is no use pretending we love God if we are not serving Him. Prove your love by your service.

September 14

Let us cherish thankfulness, so that we may ever offer to God an acceptable service.

Hebrews xii. 29.

O Jesu! Who art waiting
Thy faithful ones to crown,
Vouchsafe to bless our conflict,
Our loving service own.

CLAUDIA HERNAMAN.

Our errand in this world is in a small way the same that Christ's errand was. He does not now, Himself, in person, go about doing good; we are to go for Him. The only hands Christ has for doing kindnesses are our hands. The only feet He has to run the errands of love are our feet. The only voice to speak cheer to the troubled is our voice.

J. R. MILLER.

Nothing worth having is got by sin; nothing worth having is lost by serving God.

ANON.

Thou canst not choose but serve—man's lot is servitude—
But thou hast thus much choice, a bad lord or a good.

R. C. TRENCH.

September 15

How much better is it to get wisdom than gold! and to get understanding rather to be chosen than silver!—Proverbs xvi. 16.

Purer yet and purer
I would be in mind,
Dearer yet and dearer
Every duty find;
Hoping still and trusting
God without a fear,
Patiently believing
He will make all clear.

GOETHE.

If nature is twenty years building our bodies, let us grudge no needful time to build our minds. PHILLIPS BROOKS.

The entire object of true education is to make people not merely do the right things but enjoy the right things—not merely industrious, but to love industry—not merely learned, but to love knowledge—not merely pure, but to love purity—not merely just, but to hunger and thirst after justice.

RUSKIN.

Education is an ornament in prosperity and a refuge in adversity. ARISTOTLE.

September 16

O God, Thou knowest my foolishness, and my sins are not hid from Thee.

Psalm lxix. 5.

Never think the victory won,
Nor lay thine armour down;
Thy arduous work will not be done
Till thou obtain thy crown.

G. Heath.

It is an excellent thing for us to turn our lenses in upon our own hearts, in order to see if our own ways are right. This should always be our first duty. We should take heed to ourselves before we try to look after the mistakes of others, and point them out. There is only one person in all the world for whose ways any of us are really personally responsible, for whose life anyone will be required to give an account—and that is one's self.

J. R. Miller.

Look within. Within is the fountain of good, and it will ever bubble up if thou wilt ever dig. Marcus Aurelius.

He who never changes any of his opinions never corrects any of his mistakes. Anon.

September 17

And why do you look at the splinter in your brother's eye, and not notice the beam which is in your own eye?—Matthew vii. 3.

Saviour! who for the truth,
At the close of thy youth
Camest forth, and didst wondrously fight;
Thou canst give what was Thine,
Love and ardour divine;
O, renew us our youth with its light!

T. T. Lynch.

Examine yourself in the light of the Book of God. *Examine your Saviour* in the same light. Pray for perfect honesty with yourself about yourself. Ask for grace to see yourself somewhat "as others see you," and as *the Lord* sees you. H. C. G. Moule.

Every sin that we commit is a proof that we are not yet children of light, children of God, but that darkness still has power over us. For each such defection we must find forgiveness, and against each such defection we must strive more and more. Dean Farrar.

Do you, in acts and life, bear at this moment any testimony for Him who hung upon the Cross for you? S. Wilberforce.

September 18

If we confess our sins, He is so faithful and just that He forgives us our sins and cleanses us from all unrighteousness.—1 John i. 9.

When we ourselves least kindly are,
We deem the world unkind;
Dark hearts, in flowers where honey lies,
Only the poison find.

All bitterness is from ourselves,
All sweetness is from Thee;
My God! for evermore be Thou
Fountain and fire in me!

F. W. Faber.

Sometimes we are but dense pupils at the best, and seem utterly unable to grasp even the elementary truths which the great Teacher would impart. But the question is, not whether we are *able*, but whether we are *willing* to learn; because a skilful teacher can often do wonderful things, by patient wisdom and long suffering, with even the darkest mind.

Charlotte Murray.

Instead of keeping our eyes ever on others, looking for faults and mistakes in them, we are to look to our own example, lest something we do may hurt their lives, or cause them to do wrong.

J. R. Miller.

September 19

Let us search and try our ways, and turn again to the Lord.—Lamentations iii. 40.

Thy grace have we offended sore
By sins, O God, which we deplore;
Pour down upon us from above
The riches of Thy pardoning love.
J. M. Neale.

Always do that which costs you most, unless the easier duty is a pressing one. Examine, classify and determine at night the work of the morrow. Arrange things in order of their importance, and act accordingly. Dread, above all things, bitterness and irritation. Madame Swetchine

Our hearts make our world for us. The things we see around us are but the shadows of our inner experiences, which are cast outside. The things we hear are but the echoes of our own inner thoughts and feelings. Pictures in the heart fill all the world with ugliness or loveliness. J. R. Miller.

Guilt in the conscience is like the window of a lamp blackened by smoke, that will not let the light through. G. Everard.

Know thou that the love of thyself doth thee more hurt than anything in the world.
Thomas à Kempis.

September 20

Let every one be quick to hear, slow to speak, and slow to be angry.—James i. 19.

Be docile to thine unseen Guide,
Love Him as He loves thee ;
Time and obedience are enough,
And thou a saint shall be.

F. W. Faber.

Do not discharge in haste the arrow which can never return ; it is easy to destroy happiness ; most difficult to restore it. Herder.

Deliberate much before doing or saying anything ; for you have not the power of recalling what has been said or done.

Epictetus.

Do nothing in a hurry. Nature never does. "Most haste, worse speed," says the old proverb. If you are in doubt, sleep over it. But, above all, never quarrel in a hurry. Think it over well. Take time. However vexed you may be over night, things will often look very different in the morning. If you have written a clever and conclusive, but scathing, letter, keep it back till the next day, and it will very often never go at all.

Lord Avebury.

September 21

Thine own friend, and thy father's friend, forsake not.—Proverbs xxvii. 10.

If aught good thou canst not say
Of thy brother, foe, or friend,
Take thou, then, the silent way,
Lest in words thou should'st offend.

ANON.

All I can do is to urge you to regard friendship as the greatest thing in the world; for there is nothing so fits in with our nature, or is so exactly what we want in prosperity or adversity.

CICERO.

Be what your friends think you are; avoid being what your enemies say you are; go right forward and be happy. B. POMEROY.

We love ourselves notwithstanding our faults, and we ought to love our friends in like manner.

CYRUS.

If you would be loved as a companion, avoid unnecessary criticism upon those with whom you live. ARTHUR HELPS.

There is scarcely any young man of so little thought, or so void of sense, that would not be glad of a sure friend, that he might have recourse to, and freely consult on occasion.

J. LOCKE.

September 22

You are My friends, if you do what I command you.—John xv. 14.

When over the fair fame of friend or foe
The shadow of disgrace shall fall, instead
Of words of blame, or proof of thus and so,
Let something good be said.

James Whitcombe Riley.

It is not only when difficulties oppress us, and our back is to the wall, that we know the value of a trusty friend; but even in our most bright and prosperous hours we feel that joys have not half their sweetness unless we have a companion to share them with us.

Thain Davidson.

Do not be in a hurry in the formation of friendship. Keep the stranger at arm's length till you know something of him. Acquaintanceship is one thing; intimacy is another.

Golden friendship is not a common thing to be picked up in the street. Black.

To be without friends is to find the world a wilderness. Bacon.

September 23

No one has greater love than this—a man laying down his life for his friends.

John xv. 13.

For we must share, if we would keep
That good thing from above;
Ceasing to give, we cease to have;
Such is the law of love.

R. C. Trench.

Every young man is the better for cherishing strong friendships with the wise and good; and he whose soul is knit to one or more chosen associates with whom he can sympathise in right aims and feelings is thereby the better armed against temptation and confirmed in paths of virtue. Carlyle.

To have a true friend one must love Truth and Light better than he loves that friend.

W. C. Gannett.

The chemist will tell you that a single grain of iodine is sufficient to give colour to a hundred gallons of water; and a week of unwholesome friendship may prove enough to poison your whole life. Thain Davidson.

There is no wealth in the world like a noble friendship, and nothing should induce us to sacrifice such a treasure. J. R. Miller.

September 24

Make no friendship with an angry man.
Proverbs xxii. 24.

Flowers are lovely ; love is flower-like ;
Friendship is a sheltering tree ;
Oh the joys that came down shower-like,
Of friendship, love, and liberty,
Ere I was old !

SAMUEL TAYLOR COLERIDGE.

Be slow to fall into friendship ; but when thou art in, continue firm and constant.

SOCRATES.

Everything that is mine, even to my life, I may give to one I love ; but the secret of my friend is not mine to give.

SIR PHILIP SIDNEY.

Judge not thy friend until thou standest in his place. RABBI HILLEL.

Neither say nor do aught displeasing to thy neighbour ; and if thou hast been wanting in charity, seek his forgiveness, or speak to him with gentleness. Speak always with mildness and in a low tone of voice. L. SCUPOLI.

On the choice of friends
Our good or evil name depends. GAY.

September 25

By every word that proceedeth out of the mouth of the Lord doth man live.

Deuteronomy viii. 3.

Build to-day, then, strong and sure,
With a firm and ample base,
And ascending and secure
Shall to-morrow find its place.

H. W. Longfellow.

Do valiantly, and hope confidently, and wait patiently. Jeremy Taylor.

In the morning fix thy good purpose; and at night examine thyself what thou hast done, how thou hast behaved thyself in word, deed and thought. Thomas à Kempis.

At the end of life we shall not be asked how much pleasure we had in it, but how much service we gave in it; not how full it was of success, but how full it was of sacrifice; not how happy we were, but how helpful we were; not how much ambition was gratified, but how love was served. Long.

Train yourself in godliness. Exercise for the body is not useless, but godliness is useful in every respect, possessing, as it does, the promise of life now and of the life which is soon coming. St. Paul.

September 26

To him who overcomes I will give the privilege of eating the fruit of the Tree of Life, which is in the Paradise of God.—Revelation ii. 7.

Forward be our watchword,
Steps and voices joined;
Seek the things before us,
Not a look behind.

DEAN ALFORD.

Each of us has daily and hourly to choose—to choose between right and wrong, between gratification and duty, between pleasing ourselves to the injury of others, and benefiting others at the cost of self-denial. To choose in the one way is easy, and at the time agreeable; but it means defeat and death. To choose in the other way is difficult, and at the time painful; but it means victory and life. To him that overcometh, and to him alone, is it granted to eat of the tree of life.

A. W. MOMERIE.

Do not think it wasted time to submit yourself to any influence which may bring upon you any noble feeling. RUSKIN.

It is not necessary I should live, but it is necessary I should be a true man.

MARTIN LUTHER.

September 27

Earnestly seek to be found in His presence free from blemish or reproach.—2 Peter iii. 14.

In conversation be sincere;
Keep conscience as the noontide clear;
Think how all-seeing God thy ways
And all thy secret thoughts surveys.

BISHOP KEN.

Let the sunshine into your heart, these bright days—ye who are young—God's sunshine of grace and truth. Read good, bright, helpful books that will leave great and lofty thoughts in your mind. Especially read the Bible daily; study and ponder it, and store its divine words in your heart. Do beautiful things, things of love, of unselfishness, of helpfulness, things that are true, honourable, just, pure. Nothing darkens life's winter days as do memories of sinful things. Nothing makes life so sweet in old age as does the memory of right, good, and kindly things wrought along the years. J. R. MILLER.

As flowers never put on their best clothes for Sunday, but wear their spotless raiment and exhale their odour every day, so let your Christian life, free from stain, daily give forth the fragrance of the love of God.

H. W. BEECHER.

September 28

Seek good, and not evil, that ye may live; and so the Lord, the God of Hosts, shall be with you.—Amos v. 14.

Every word has its own spirit,
True or false, that never dies;
Every word man's lips have uttered
Echoes in God's skies.

Live for something. Do good and leave behind you a monument of virtue that the storms of time can never destroy. Write your name in kindness, love and mercy on the hearts of those you come in contact with year by year, and you will never be forgotten. No, your name, your deeds will be as legible on the hearts you leave behind as the stars on the brow of evening. Good deeds will shine as the stars of heaven. DR. CHALMERS.

Making life as honest as possible, and calmly doing our duty in the present, as the hour and the act require, and not too curiously considering the future beyond us; standing ever erect, believing that God is just, we may make our passage through this life no dishonour to the power that placed us there.

MARCUS AURELIUS.

September 29

Christ also suffered on your behalf, leaving you an example so that you should follow in His steps.—1 Peter ii. 21.

Howe'er it be, it seems to me
'Tis only noble to be good;
Kind hearts are more than coronets,
And simple faith than Norman blood.
TENNYSON.

Character is our own, a part of our very being. It grows in us along the years. Acts repeated become habits, and character is made up in the end of habits which have been repeated so often as to become a permanent part of life.
J. R. MILLER.

The true character acts rightly, whether in secret or in the sight of men. That boy was well trained who, when asked why he did not pocket some pears, for nobody was there to see, replied, "Yes, there was; I was there to see myself; and I don't intend ever to see myself do a dishonest thing." SMILES.

Find out your various peculiarities, the special dispensations of God in your character, the variations of type in you. Cultivate them, ceaselessly add to them, never fear to accentuate them. MOZOOMDAR.

September 30

Do not be revengeful, my dear friends, but give way before anger.—Romans xii. 19.

The hand of peace is frank and warm,
And soft as ringdove's wing;
And he who quells an angry thought
Is better than a king.

ELIZA COOK.

If you wish not to be of an angry temper, do not feed the habit, throw nothing on it which will increase it. At first, keep quiet and count the days on which you have not been angry. I used to be in a passion every day; now every second day; then every third, then every fourth. But if you have intermitted thirty days, make a sacrifice to God. For the habit at first begins to be weakened, and then completely destroyed. When you can say, "I have not been vexed to-day, nor the day before, nor yet on any succeeding day during two or three months; but I took care when some exciting things happened," be assured that you are in a good way. EPICTETUS.

The difficult part of good temper consists in forbearance, and accommodation to the ill-humour of others. EMERSON.

October 1

A soft answer turneth away wrath: but grievous words stir up anger.

Proverbs xv. 1.

Beware of angry words.
How oft a word is father of a blow,
Or herald of a murder!

S. W. Partridge.

Lives have been shadowed, down to their close, by words which fell in a single flash from unlocked lips. Moses is not the only individual who has been shut out of a land of promise by reason of one unadvised word. It is better to suffer wrong in silence than to run the risk of speaking in the excitement of anger.

There is only one way of not hating those who do us wrong, and that is by doing them good; anger is best conquered by kindness.

Amiel's Journal.

Our anger and impatience often prove much more mischievous than the things about which we are angry or impatient.

Marcus Aurelius.

Passion is a sort of fever in the mind, which ever leaves us weaker than it found us.

William Penn.

October 2

They helped every one his neighbour; and every one said to his brother, Be of good courage.
Isaiah xli. 6.

If any little word of ours can make one life the brighter,
If any little song of ours can make one heart the lighter,
God help us speak that little word, and take our bit of singing,
And drop it in some lonely vale, and set the echoes ringing.

A blind beggar was sitting by the wayside on a dark night, with a bright lantern by his side. A passer-by was so puzzled that he had to turn back and ask, "What in the world do you keep a lantern burning for?" "So that folk won't stumble over me," was the reply. We should keep our lights brightly burning for others' sakes, as well as for the good of being "in the light" ourselves. HINDU MORAL.

I am sure that if we ask the Holy Spirit to teach us day by day how best to be bearers of burdens, we shall find there are many heavy hearts and weary hands that *we ourselves* may be allowed to ease. CHARLOTTE MURRAY.

October 3

The Son of man came not to be served but to serve, and to give His life as the redemption-price for many.—Matthew xx. 28.

As we meet and touch each day,
The many travellers on our way,
Let every such brief contact be
A glorious, helpful ministry.

SUSAN COOLIDGE.

There are a thousand ways of giving help. Infinite are the necessities of human lives. In the few moments' conversation by the wayside, or in the midst of the day's heat and strife, we may drop the word that will lift a burden, or strengthen a fainting heart, or inspire a new hope. J. R. MILLER.

We may spare ourselves costly service and great sacrifice by saving our own life from hardships, risks, and waste; but we shall miss the blessing which can come only through the losing of self. "No cross, no crown" is the law of spiritual attainment.

There's no such way of lightening thine own load
As helping thy poor brother. Neighbour-help
Is truest self-help. S. W. PARTRIDGE.

October 4

My help cometh from the Lord, which made heaven and earth.—Psalm cxxi. 2.

Of all the joys which life affords,
From childhood's sunny morning
Until the paling western sky
Of night's approach gives warning,
There's none that springs so swift and sure,
Delights less pure to smother,
As that which thrills and warms the heart
When helping one another.

If we are singing for gladness this morning let us not be inattentive to the sighs around; and if, through us, one face shall exchange tears for smiles to-day, we shall not have lived in vain; and we shall, for ourselves, have forestalled somewhat of the future's joy.

CHARLOTTE MURRAY.

We have fellow pilgrims all around us borne down beneath some grief or sorrow, or anxiety or disappointment; can we not in some way put our shoulder beneath their burden and at least make it somewhat easier for them to bear?

G. EVERARD.

Just in the measure that we love others are we ready to help them in any true way.

J. R. MILLER.

October 5

Along with godliness manifest brotherly affection, and along with brotherly affection, love.—2 Peter i. 7.

That day is best wherein we give
A thought to others' sorrows;
Forgetting self, we learn to live,
And blessings born of kindly deeds
Make golden our to-morrows.

R. H. Thorpe.

Be on the watch all to-day for little burdens to bear for others. See how many you can find out and pick up and carry away. Depend upon it you will not only make it a brighter day for others, but for yourself, too.

F. R. Havergal.

No one is useless in the world who lightens the burden of it for any one else.

Charles Dickens.

Thackeray tells of one who kept his pockets full of acorns, and wherever he saw a vacant place in his estate he took one out and planted it. In like manner he exhorts his readers to do with kind words as they go through life, never losing a chance of saying one. "An acorn costs nothing, but it may sprout into a prodigious bit of timber."

October 6

Let us run with patient endurance the race that lies before us.—Hebrews xii. 1.

Who best can drink his cup of woe,
Triumphant over pain,
Who patient bears his cross below,
He follows in His train. HEBER.

Struggle diligently against your impatience, and strive to be amiable and gentle, in season and out of season, towards everyone, however much they may vex and annoy you, and be sure God will bless your efforts.

FRANCIS DE SALES.

Patience requires nearly as much practising as music; and we are continually losing our lessons when the master comes. RUSKIN.

Lord, Who hast suffered all for me,
My peace and pardon to procure,
The lighter cross I bear for Thee,
Help me with patience to endure!

COWPER.

Business can never be well done that is not well understood; which cannot be without patience. W. PENN.

Patience is the best remedy for every trouble.

PLANTUS.

October 7

Let endurance have perfect results, so that you may become perfect and complete, wanting nothing.—James i. 4.

The best of men
That e'er wore earth about him was a sufferer;
A soft, meek, patient, humble, tranquil spirit,
The first true gentleman that ever breathed.

THOMAS DEKKER.

You may have fallen a hundred times—you may have fallen to-day. Only do not despair; do not lose heart about yourself; try once more; try yet more earnestly, and God will help you and bless you. J. E. C. WELLDON.

It is no heroism to bear patiently where there is no provocation, bravely where there is no danger, calmly where there is nothing to perturb. Not the hermit's cave but the heart of busy life, tests as well as makes character. If we can live patiently, lovingly, cheerfully amid all our frets and irritations day after day, year after year, that is grander heroism than the greatest military exploits.

J. R. MILLER.

Try to be patient in bearing others' failings and infirmities, be they what they may; for you have many a failing which others must needs endure. THOMAS À KEMPIS.

October 8

Blessed is he who patiently endures trials; for when he has stood the test, he will gain the victor's crown—even the crown of Life—which the Lord has promised to those who love Him.

James i. 12.

Make me patient, kind and gentle,
Day by day;
Teach me how to live more nearly
As I pray.

Let nothing affright thee. All things will pass away. God only is He that is unchangeable. Patience will bring about all. He that hath God hath all things; and he that hath Him not hath nothing. MOLINOS.

Wherever else we may fail in patience, it should not be in our own homes. Only the sweetest life should have place there. We have not long to stay together, and we should be patient and gentle while we may.

J. R. MILLER.

What a lot of patience we want when someone is cross, or things go wrong! Ask God to give it you to-day. He says "Be patient toward all men"; and He promises power that we may be strengthened "unto all patience."

M. E. BRISCOE.

October 9

Let every individual be obedient to those who rule over him; for no one is a ruler except by God's permission, and our present rulers have had their rank and power assigned to them by Him.—Romans xiii. 1.

Give me Thine orders, Master. What are they ?
My heart is glad when I Thy word obey ;
Thou only canst direct my steps aright,
Thou only canst equip me for the fight.

MARIANNE FARNINGHAM.

Obedience to the word of Jesus is the alchemy that transforms disappointment into hope, failure into success.

ARCHBISHOP GORDON LANG.

We need only obey. There is guidance for each of us, and by lowly listening we shall hear the right word. EMERSON.

Wherever He may guide me,
No want shall turn me back ;
My Shepherd is beside me,
And nothing can I lack.

A. L. WARING.

True obedience is true liberty.

H. W. BEECHER.

October 10

Not every one who says to Me "Master, Master," will enter the Kingdom of the Heavens, but only those who are obedient to My Father who is in Heaven.

Matthew vii. 21.

O give me Samuel's ear,
The open ear, O Lord,
Alive and quick to hear
Each whisper of Thy word,
Like him to answer at Thy call
And to obey Thee first of all.

J. D. Burns.

Does not a loving child like to find out what its dear father wishes it to do? Does it not feel sorry that it did not know all he wished in time to avoid doing just the contrary? How little we must love God's will if we would rather not know it lest it should clash with our own!

F. R. Havergal.

Obedience to parents is not only our duty, but our interest. If we received our life from them, we prolong it by obeying them; for obedience is the first commandment with promise. William Penn.

It is far safer to obey than to govern.

Thomas à Kempis.

October 11

All that the Lord hath said we will do, and be obedient.—Exodus xxiv. 7.

My son, give Me thine heart, and let thine eyes observe My ways.—Proverbs xxiii. 26.

Thou art Thyself the way;
Thyself in me reveal:
So shall I spend my life's short day,
Obedient to Thy will.

C. Wesley.

One day thou wilt be blest;
So still obey the guiding hand that fends
Thee safely through these wonders for sweet ends.

Keats.

Obey *something*, and you will have a chance some day of finding out what is best to obey. But if you begin by obeying nothing, you will end by obeying Beelzebub and his seven friends.

Ruskin.

Obedience, promptly, freely given, is the most beautiful thing that walks the earth.

Dr. Raleigh.

Pray God to give you what the Scripture calls "an honest and good heart" or "a perfect heart," and without waiting, begin at once to obey Him with the best heart you have. Any obedience is better than none.

J. H. Newman.

October 12

We must obey therefore, not only in order to escape punishment, but also for conscience sake.
Romans xiii. 5.

Teach me, O Lord, Thy holy way,
And give me an obedient mind,
That in Thy service I may find
My soul's delight from day to-day.
W. T. Matson.

Ah, if we were unable to rebel, how worthless were obedience. *I must* is always valueless beside *I will.* A prisoner's honesty is little worth, nor a slave's service either.
S. W. Partridge.

Let us obey; we then shall know,
Shall feel our sins forgiven,
Anticipate our heaven below,
And own that love is heaven.
C. Wesley.

Obedience is our universal duty and destiny; wherein whoso will not bend must break.
Carlyle.

We can offer up much in the large, but to make sacrifices in little things is what we are seldom equal to. Goethe.

October 13

A little that a righteous man hath is better than the riches of many wicked.

Psalm xxxvii. 16.

And God works in the little as the great,
A perfect work and glorious over all;
Or in the stars that choir with joy elate,
Or in the lichen spreading on the wall.

W. C. Smith.

There is no action so slight and mean but it may be done to a great purpose and ennobled therefore. Ruskin.

On Thy compassion I repose
In weakness and distress;
I will not ask for greater ease,
Lest I should love Thee less;
Oh, 'tis a blessed thing for me
To need Thy tenderness.

A. L. Waring.

It is no small commendation to manage a little well. He is a good waggoner that can turn in a little room. To live well in abundance is the praise of the estate, not of the person. I will study more how to give a good account of my little than how to make it more.

Bishop Hall.

October 14

There ariseth a little cloud out of the sea, like a man's hand.—1 Kings xviii. 44.

A little acorn may become a tree,
A little bud may bloom a beauteous flower;
Nothing is little in its own degree;
An age may be made famous in an hour.
CARPENTER.

Do not be troubled because you have not great virtues. God made a million spears of grass where He made one tree. The earth is fringed and carpeted not with forests but with grasses. Only have enough of little virtues and common fidelities, and you need not mourn because you are neither a hero nor a saint.
H. W. BEECHER.

There are people who would do great acts, but because they wait for great opportunities, life passes and the acts of love are not done at all. F. W. ROBERTSON.

No rock so hard but that a little wave
May beat admission in a thousand years.
TENNYSON.

Every person is responsible for all the good within the scope of his abilities, and for no more; and none can tell whose sphere is the largest.
GAEL HAMILTON.

October 15

After the fire a still small voice.

1 Kings xix. 12.

There is no sorrow, Lord, too slight,
To bring in prayer to Thee;
There is no burdening care too light
To wake Thy sympathy.

J. Crewdson.

The most trivial tasks can be accomplished in a noble, gentle, regal spirit, which overrides and puts aside all petty, paltry feelings, and which elevates all little things.

Dean Stanley.

Life is made up of little things, and he that scorns them despises his own real interest. There is an old and true saying, "Take care of the minutes, and the hours will take care of themselves." This may be rendered, Take care of the little things, and the more mighty matters will be likely to be well done.

J. W. Barker.

If I cannot realise my ideal, I can at least idealise my real. If I am but a raindrop in a shower, I will at least be a perfect drop; if but a leaf in a whole June, I will at least be a perfect leaf. W. C. Gannett.

October 16

He that is faithful in that which is least is faithful also in much.—Luke xvi. 10.

One small life in God's great plan,
How futile it seems as the ages roll,
Do what it may, or strive how it can,
To alter the sweep of the infinite whole!
A single stitch in an endless web,
A drop in the ocean's flow and ebb!
But the pattern is rent where the stitch is lost,
Or marred where the tangled threads have crossed;
And each life that fails of its true intent
Mars the perfect plan that its Maker meant.

SUSAN COOLIDGE.

Nothing is so trivial but that we must do it well or ill, really or formally, thoughtlessly or carefully. Christianity sanctifies to us our smallest actions, and makes them precious in God's eyes if they be done with any faint reflection of Christ's love.

CREIGHTON.

However little sins may seem, they always, inevitably, if unrepented of, lead to great ones. Does not every sinner begin with little sins?

DEAN FARRAR.

October 17

Though thy beginning was small, yet thy latter end should greatly increase.—Job viii. 7.

I would be Thine! Where Thou art I would be,
And Thou dost love to come
Wherever faithful love doth wait for Thee
In high or lowly home.
I would but do the tasks that Thou hast set,
And never in life's busiest ways forget
That to obey Thee perfectly is mine—
I would be Thine!

MARIANNE FARNINGHAM.

Nothing is small or great in God's sight; whatever He wills becomes great to us, however seemingly trifling, and if once the voice of conscience tells us that He requires anything of us, we have no right to measure its importance. JEAN NICOLAUS GRAU.

The business of life is largely made up of minute affairs, requiring only judgment and diligence. H. W. BEECHER.

Life is made up, not of great sacrifices or duties, but of little things, in which smiles and kindnesses, and small obligations, given habitually, are what win and preserve the heart, and secure comfort. SIR HUMPHREY DAVY.

October 18

Line upon line; here a little, and there a little.—Isaiah xxviii. 10.

God make my life a little light
Within the world to glow;
A little flame that burneth bright,
Wherever I may go.

M. B. Edwards.

Nothing is degrading which a high and graceful purpose ennobles; and offices the most menial cease to be menial the moment they are wrought in love. This easy capacity of great affections for small duties is the peculiar triumph of the highest spirit of love.

James Martineau.

If I had to choose my place among the forces of nature, do you know what I would choose to be? I would be the dew that falls silently and invisibly over the face of nature, trampled underfoot and unconsidered, but perpetually blessing and refreshing all forms of life.

Kossuth.

We should cultivate the friendship of little things, the quiet, unobtrusive beauties that lie around our way, offering their gentle healing.

G. Macdonald.

October 19

As a shepherd seeketh out his flock in the day that he is among his sheep that are scattered; so will I seek out My sheep and will deliver them out of all places where they have been scattered in the cloudy and dark day.—Ezekiel xxxiv. 12.

Thy way, not mine, O Lord,
However dark it be;
Lead me by Thine own hand,
Choose out the path for me.

Smooth let it be or rough,
It will be still the best;
Winding or straight, it leads
Right onward to Thy rest.

H. Bonar.

Difficulties may surround our path, but if the difficulties be not in ourselves, they may generally be overcome. Benjamin Jowett.

Difficulties are God's errands; and when we are sent upon them we should esteem it a proof of God's confidence. H. W. Beecher.

It ought to help us, whenever we stand amid enemies of Christ, to remember that He has put us there to represent Him.

J. R. Miller.

October 20

It is a good thing to give thanks unto the Lord, and to sing praises unto Thy name, O most High.—Psalm xcii. 1.

Fill Thou my life, O Lord my God,
In every part with praise,
That my whole being may proclaim
Thy being and Thy ways.

Fill every part of me with praise,
Let all my being speak
Of Thee, and of Thy love, O Lord!
Poor though I be, and weak.

H. Bonar.

Be a praising, thankful Christian. Live and "walk in *the Light* of the Lord." Count up your mercies. "Keep touch" with your glorious Redeemer. And then your life will praise Him. H. C. G. Moule.

Constant as Thy mercies are,
So my praise shall constant be:
Lord! it would my pleasure mar,
Did I not give thanks to Thee.
Every day Thou'rt blessing me,
Every day will I bless Thee.

F. Leonard.

We praise Thee, O God; we acknowledge Thee to be the Lord. Te Deum.

October 21

Thou wilt shew me the path of life; in Thy presence is fulness of joy; at Thy right hand there are pleasures for evermore.

Psalm xvi. 11.

That pleasure is of all
Most beautiful and kind,
That fades not straight, but leaves
A living joy behind.

CAMPIAN.

It is a bad bargain to barter away the birthright of purity, and innocence and honour, for the sake of a passing pleasure. The difference between false pleasure and true is this; for the true the price is paid before you enjoy it; for the false, after you enjoy it.

J. FORSTER.

Sunshine in the sky is little unless there be sunshine in the heart also. LORD AVEBURY.

Happiness depends much more on what is within than without us.

We do not know sometimes how much good we unconsciously are doing by our words, by our actions, by our mere presence, giving faith and strength, and brightness and solace to many around us. J. VICKERY.

October 22

I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with Mine eye. Psalm xxxii. 8.

'Tis granted, and no plainer truth appears,
Our most important are our earliest years;
The mind, impressible and soft, with ease
Imbibes and copies what it hears and sees,
And through life's labyrinth holds fast the clue
That education gives it, false or true.

ANON.

You must begin your education with the distinct resolution to know what is true, and make choice of the straight and rough road to such knowledge. RUSKIN.

The test of whether you are educated is, can you do what you ought, when you ought, whether you want to do it or not?

HERBERT SPENCER.

Desire to know what you ought, what is worthy of your nature, and helpful to your life.

Give thyself time to learn something new and good. AURELIUS ANTONINUS.

Seest thou then how good a thing is learning.

ARISTOPHANES.

October 23

The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction.—Proverbs i. 7.

O, learn of Him, learn now of Him,
  Then with thee it is well.
And with His light thou shalt be blest,
  Therein to work and live;
And He shall be to thee a rest
  When evening hours arrive.

T. T. LYNCH.

It is not knowledge that moves the world, but character, love. W. M. SALTER.

The roots of education are bitter, but the fruit is sweet. ARISTOTLE.

You are not guilty because you are ignorant; but you are guilty when you resign yourselves to ignorance. MAZZINI.

Method in study, with a proper division of time, will give us time for leisure and recreation. DR. NEVIN.

Our best knowledge is but a fragment of that which we have it in us to know.

CANON SCOTT HOLLAND.

October 24

Resist the devil, and he will flee from you.
James iv. 7.

For right is right, since God is God,
And right the day must win;
To doubt would be disloyalty,
To falter would be sin. F. W. Faber.

The phrase sometimes used of an act which we like to perform, that "there is no harm in it," is not worthy. An act with no harm in it is a purse with no money in it. The requirements of God do not stop at the negative. "Do not covet" means "love." "Do not lie" means "tell the truth." "Do not steal" means "give." A colourless life is of no honour and no use. A. C. McKenzie.

Lord, have mercy upon us, and write all these Thy laws in our hearts: we beseech Thee.
The Book of Common Prayer.

The evil word—and oh, remember this—is a step, a long step beyond the evil thought, and it is a step towards the precipice's edge.
Dean Farrar.

Do not hope you are to gain the victory in a day. Inch by inch and step by step the battle must be fought. Resolve never to be driven back quite so far as you have advanced.
Whyte Melville.

October 25

O Lord be gracious unto us ; we have waited for Thee ; be Thou their arm every morning, our salvation also in the time of trouble.

Isaiah xxxiii. 2.

Where there are two or three assembled in My Name, there am I in the midst of them.

Matthew xviii. 20.

My God ! how wonderful Thou art,
Thy majesty how bright !
How beautiful Thy mercy-seat
In depths of burning light !

No earthly father loves like Thee,
No mother half so mild,
Bears and forbears as Thou hast done
With me, Thy sinful child.

F. W. Faber.

If you remember that in all you do in soul or body God stands by as a witness, in all your prayers and your actions you will not err ; and you shall have God dwelling with you.

Epictetus.

If I want to abound in peace and joy, and power for the good of others, let me remember to keep back nothing from God.

G. Everard.

October 26

Commit thy way unto the Lord; trust also in Him; and He shall bring it to pass.

Psalm xxxvii. 5.

So when my Saviour calls, I rise
  And calmly do my best;
Leaving to Him with silent eyes
  Of hope and fear, the rest.

I step, I mount where He has led;
  Men count my haltings o'er;
I know them; yet, though self I dread
  I love His precept more.

J. H. Newman.

Establish something, achieve something, produce some result, let humanity assimilate thee, and remember thee as a part of itself.

Mozoomdar.

Eternity is crying out to you louder and louder as you near its brink, Rise, be doing; count your resources; learn what you are not fit for, and give up wishing for it; learn what you *can* do, and *do* it. F. W. Robertson.

They who are resolutely in earnest to do good do not go about asking, "What good can I do?" They *do* it. Dean Farrar.

All things will help one who is simply striving in the use of common things to do God's will.

S. Wilberforce.

October 27

Be faithful to the End, even if you have to die, and then I will give you the victor's Wreath of Life.—Revelation ii. 10.

Art little? Do thy little well; and for thy
comfort know,
Great men can do their greatest work no better
than just so. ANON.

The great life in God's sight is not the conspicuous one, but the life that fills the place which it was made to fill, and does the work which it was made to do. God asks not great things. He asks only simple faithfulness, the quiet doing of what He allots.

J. R. MILLER.

Fidelity in trifles, and an earnest seeking to please God in little matters are tests of real devotion and love. Let your aim be to please our dear Lord perfectly in little things, and to attain a spirit of child-like simplicity and dependence. JEAN NICOLAUS GRAU.

God will not call you to account for the four or five talents you have not received, but He will ask a strict account for that one which He has entrusted to you, and which is your special grace. GUILLORÉ.

October 28

With right good will, be faithful to your duty as service rendered to the Lord and not to man.
Ephesians vi. 7.

The Lord is faithful, and He will make you steadfast and guard you from the evil one.—2 Thessalonians iii. 3.

He that is thy friend indeed,
He will help thee in thy need.
If thou sorrow, he will weep,
If thou wake, he cannot sleep.
Thus in every grief in heart
He with thee doth bear a part.
SHAKESPEARE.

Henry, if each time you do as well as you can, your efforts will average about right.
DR. LYMAN BEECHER TO HIS SON.

The really great are always humble. The people who deserve to be respected are those who respect others.
MARIANNE FARNINGHAM.

"Stand, therefore!" God assigns you a post, stand to it. ANDREW A. BONAR.

It is wise not to seek a secret, and honest not to reveal one. WILLIAM PENN.

October 29

I never shrank from . . . urging upon both Jews and Greeks, the necessity of turning to God and of believing in Jesus our Lord.

Acts xx. 21.

Show me the path! I had forgotten Thee
When I was happy and free,
Walking down here in the gladsome light of the sun;
But now I come and mourn; O set my feet
In the road to Thy blest seat!
And for the rest, O God, Thy will be done!

J. Ingelow.

How often, when we know and approve the right, do we reject it, and choose the wrong! How often have we tried in vain to give up evil habits! How often have our efforts to live worthily ended only in disappointment and remorse. There is nothing so morally helpful as faith in God; and the faith which St. Paul says can save is the faith that "worketh by love." A. W. Momerie.

Five talents are not committed to every man, nor even two. Some, and by far the greater number, of the Lord's servants have but one. But he who faithfully employs one is as really, and in the view of his great Master, as acceptably useful as he who faithfully employs two or five. J. Cooper.

October 30

For the Lord your God is He that goeth with you, to fight for you against your enemies, to save you.—Deuteronomy xx. 4.

Lord, if Thou wilt, Thou canst make me clean.—Luke v. 12.

The Lord is rich and merciful,
  The Lord is very kind ;
O, come to Him, come now to Him,
  With a believing mind.
His comforts they shall strengthen thee,
  Like flowing waters cool ;
And He shall for thy spirit be
  A fountain ever full.

T. T. Lynch.

A great, growing, grandly unfolding soul can be fashioned anywhere, if only God is with him ; and his faculty, it may be, will be completing itself as truly in one employment as in another. Horace Bushnell.

It is impossible to give a perfect definition of God. This is the most satisfactory I know —God is the most perfect Being, and the cause of all other beings. Thomas Jones.

Nature is a revelation of God; art is a revelation of man. H. W. Longfellow.

October 31

A merry heart doeth good like a medicine.
Proverbs xvii. 22.

You are beaten to earth! Well, what of that?
Come up with a smiling face.
It is nothing against you to fall down flat,
But to lie there—that is disgrace.

EDMUND C. VANCE.

A habit of cheerfulness, enabling one to transmute apparent misfortunes into real blessings, is a fortune to a young man or woman just crossing the threshold of active life. There is nothing but ill-fortune in a habit of grumbling which requires no talent, no self-denial, no brains, no character. O. S. MARDEN.

What, indeed, does the word "cheerfulness" imply? It means a contented spirit; it means a pure heart; it means a kind and loving disposition; it means humility and charity; it means a generous appreciation of others, and a modest opinion of self.

W. M. THACKERAY.

Cheerfulness is a small virtue, it is true; but it sheds such a brightness around us in this life that neither dark clouds nor rain can dispel its happy influence. E. V. B. ALEXANDER.

November 1

Whoso trusteth in the Lord, happy is he.
Proverbs xvi. 20.

Be lord of thy own mind;
The dread of evil is the worst of ills;
Half of the ills we hoard within our heart
Are ills because we hoard them.
B. W. Proctor.

If we could do our work in a brighter, less anxious spirit it would wear us less. It is worry, not work, that wears. Goulburn.

Is it not a duty we owe ourselves and other people to be supremely happy, for ever young in spirit? We have all met those whose very being seems to thrill from some unseen source of happiness, who seem to know by instinct all that is good. What influence can resist such a power? And what trouble can long weigh down such a bounding spirit?
H. W. Dresser.

Look out for the bright, for the brightest side of things, and keep thy face constantly turned to it. Jeremy Bentham.

Those who bring sunshine to the lives of others cannot keep it from themselves.
J. M. Barrie.

November 2

Let each of us endeavour to please his fellow Christian, aiming at a blessing calculated to build him up.—Romans xv. 2.

O, let my life be given,
My years for Thee be spent:
World-fetters all be riven,
And joy with suffering blent;
Thou gav'st Thyself for me,
I give myself to Thee.

F. R. Havergal.

We must learn to adorn every day with sacrifices. Temperance, courage, love, are made up of petty sacrifices. Listen to every prompting of honour. Emerson.

When you find yourself, as I daresay you sometimes do, overpowered as it were by melancholy, the best way is to go out and do something kind to somebody or other.

J. Keble.

Forget yourselves, live for others, let the happiness of those about you be dearer than your own, and you will be loved, and the love shall make you happy. Marianne Farningham.

We must be able to forget ourselves before we can expect to have a place in the hearts of others. Benjamin Jowett.

November 3

My Father, if it be possible let this cup pass away from Me; nevertheless not as I will, but as Thou willest.—Matthew xxvi. 39.

He was wounded for our transgressions, He was bruised for our iniquities.

Isaiah liii. 5.

We take with solemn thankfulness
Our burden up, nor ask it less,
And count it joy that even we
May suffer, serve, or wait for Thee,
Whose will be done!

J. G. Whittier.

Love is ever the gift of self. Its spirit may vary in the degree of intensity, but it is ever the same. It is always and everywhere the sacrifice of self. Canon Liddon.

You must live for another if you wish to live for yourself. Seneca.

Everywhere and of necessity thou must have patience if thou wouldst have inward peace and enjoy an everlasting crown. Thou oughtest, therefore, to call to mind the more heavy sufferings of others, that thou mayest the easier bear thy little adversities.

Thomas à Kempis.

The truest self-respect is not to think of self. H. W. Beecher.

November 4

As for brotherly love, be affectionate to one another; in matters of worldly honour, yield to one another.—Romans xii. 10.

O the beauty of holiness,
Of self-forgetfulness and lowliness.
O power of meekness,
Whose very weakness
Is like the yielding but irresistible air.

H. W. Longfellow.

Unselfish! Why should I be unselfish? Why should I sacrifice myself for other people? Why should I be the one to make myself in any degree even slightly inconvenienced for another's good? Why? Because you know, and your own heart recognises, that it is a noble thing to do; that you are something more excellent when you do it.

Archbishop Temple.

We must be continually sacrificing our own wills, as opportunity serves, to the will of others; bearing, without notice, sights and sounds that annoy us; setting about this or that task, when we had far rather be doing something very different. J. Keble.

Love is the forgetfulness of self.

November 5

Do not forget to be kind and liberal; for with sacrifices of that sort God is greatly pleased.—Hebrews xiii. 16.

From strength to strength go on!
Wrestle, and fight, and pray!
Tread all the powers of darkness down,
And win the well-fought day!

WESLEY.

None is so poor as to have nothing worth giving. As well might the mountain streamlets say they have nothing to give the sea because they are not rivers. Give what you have; to someone it may be better than you dare to think. H. W. LONGFELLOW.

The happiness of life depends very much on little things; and one can be brave and great and good while making small sacrifices and doing small duties faithfully and cheerfully.

LOUISA M. ALCOTT.

You must love in order to understand love. One act of charity will teach us more of the love of God than a thousand sermons.

F. W. ROBERTSON.

Test everything in your life by this rule, not what pleases others, nor what pleases yourself, but what pleases God.

ANDREW A. BONAR.

November 6

For even the Christ did not seek His own pleasure.—Romans xv. 3.

Higher than the highest heavens,
Deeper than the deepest sea,
Lord, Thy love at last hath conquer'd;
Grant me now my soul's desire,
None of self, and all of Thee.

They that deny themselves will be sure to find their strength increased, their affections roused, and their inward peace continually augmented. MATTHEW ARNOLD.

Selfishness can never be attractive, but self-sacrifice in matters ever so trifling always awakens a response. CREIGHTON.

We can do our best work always when we do it not for ourselves, but that it may bless others. J. R. MILLER.

God blesses those who do more than they are required to. ANDREW A. BONAR.

The test of a great love is not what it demands, but what it is prepared to do without.
ANON.

No loving effort for the good of others can be really in vain. EMMA MARSHALL.

November 7

I do not say that I have already won the race or have already reached perfection. But I am pressing on, striving to lay hold of the prize for which also Christ has laid hold of me.

Philippians iii. 12.

All our days direct us
In the way we go,
Lead us on victorious
Over every foe.

Many a time are we tempted to say: "I make no progress at all; it is only failure; nothing grows." Now look at the sea when the tide is coming in. Go and stand by the sea-beach, and you will think that the ceaseless flux and reflux is but retrogression equal to the advance. But look again in an hour's time, and the whole ocean has advanced. Every advance has been beyond the last, and every retrograde movement has been an imperceptible trifle less than the last. This is progress, to be estimated at the end of hours, not minutes. And this is *Christian* progress. Many a fluctuation, many a backward motion with a rush at times so vehement that all seems lost; but if the eternal work be real, every failure has been a real gain, and part of it is never lost. We are nearer to God than we were.

F. W. Robertson.

November 8

Ye shall walk in all the ways which the Lord your God hath commanded you.

Deuteronomy v. 33.

Forth in Thy name, O Lord, I go,
My daily labour to pursue ;
Thee, only Thee, resolved to know,
In all I think, or speak, or do.

Give me to bear Thy easy yoke,
And every moment watch and pray ;
And still to things eternal look,
And hasten to Thy glorious day.

C. Wesley.

Jesus did not spend His life in trying not to do wrong, He was too full of the earnest love and longing to do right—to do His Father's will. Phillips Brooks.

It is usually not so much the greatness of our own trouble as the littleness of our spirit which makes us complain. Jeremy Taylor.

If we cannot work out the will of God where God has placed us, then why has He placed us there ? J. H. Thom.

It behoves you to use words of good omen and not to utter anything bad.

Aristophanes.

November 9

Do not be over-anxious about anything, but by prayer and earnest pleading, together with thanksgiving, let your requests be unreservedly made known in the presence of God.

Philippians iv. 6.

If 'mid the gathering storms of doubt
  Our hearts grow faint and cold,
The strength we cannot live without
  Thy love will not withhold.
Our prayers accept; our sins forgive;
  Our youthful zeal renew;
Shape to us holier lives to live,
  And nobler work to do.

O. W. Holmes.

Let us have faith that right makes might; and in that faith let us dare to do our duty as we understand it. Abraham Lincoln.

You may tell people that there is no God, you may argue them into silence, but when you have ended they will ask you, If there is no God, who made all this? Thomas Jones.

The man who attempts to rob you of your faith does you an infinitely greater wrong than he who tries to rob you of your purse or property. Thain Davidson.

November 10

I pray that Christ may make His home in your hearts through your faith.

Ephesians iii. 17.

Just to let thy Father do
What He will;
Just to know that He is true,
And be still;
Just to trust Him, this is all!
Then the day will surely be
Peaceful, whatsoe'er befall.
Bright and blessèd, calm and free.

F. R. Havergal.

When David Gray, the young poet of Kirkintilloch, lay dying in his cottage home by the banks of the Luggie, about which he had sung so sweetly, his last words, whispered in the ear of his mother, were, "God has love, and I have faith." With this sweet utterance upon his lips, and this blessed confidence in his heart, he "fell asleep."

"Be calm, have courage, be wise, and all will come out right!" Charles Wagner

Do not look forward to what may happen to-morrow; the same everlasting Father who cares for you to-day, will take care of you to-morrow, and every day.

Francis de Sales.

November 11

Exert all your strength in the honourable struggle for the faith; lay hold of the Life of the Ages.—1 Timothy vi. 12.

My faith looks up to Thee,
Thou Lamb of Calvary,
Saviour Divine.

RAY PALMER.

Let your life be what it may, let your fortunes be happy or otherwise, let your journey be ever so tortuous, throughout it all hold to faith in the good God who made you, in the Christ who has redeemed you. That will sustain you when you need it. There are broad belts of trouble falling across the way of life through which many of us will have to pass. In the hour when your faith is tried, be sure that God will be your guide through it all.

J. VICKERY.

For what we are being trained we do not know; what qualities shall be required by our future lot in this or in the world to come we do not know; but He who leads us and shapes our course does know; and if we patiently serve Him now we shall find ourselves fitted for the service that is to follow. MARCUS DODS.

Without faith there is no religion.

November 12

Cast thy bread upon the waters; for thou shalt find it after many days.

Ecclesiastes xi. 1.

In Thee, O Lord, do I put my trust.

Psalm xxxi. 1.

What seems so dark to thy dim sight,
May be a shadow, seen aright,
Making some brightness doubly bright.

A. A. Procter.

Let us learn, as Luther did, who, looking out of his window one summer evening saw, on a tree at hand, a little bird making his brief and easy dispositions for a night's rest. "Look," said he, "how that little fellow preaches faith to us all! He takes hold of his twig, tucks his head under his wing, and goes to sleep, *leaving God to think for him.*"

P. B. Power.

What is belief? A state of preparedness for action. Horton.

Trust and obey; and if you trust you *will* obey; there is no doubt about it.

Hudson Taylor.

Confident that what the future yields will be right unless myself be wrong.

H. W. Longfellow.

November 13

Till I come, bestow your attention on reading.—1 Timothy iv. 13.

Select thy books for mental nourishment,
Not mental dissipation. Read to think,
Or else thy reading will be little worth.
Books are not always blessings.

S. W. Partridge.

Read the Holy Bible, "the Divine Scriptures," as the early Christian writers loved to call them. Let nothing take their place. Let not good books, be they what they may, oust *the* Book. H. C. G. Moule.

Read, not to contradict and refute, nor to believe and take for granted, nor to find talk and discourse, but to weigh and consider.

Bacon.

There are three classes of readers; some enjoy without judgment; others judge without enjoyment; and some there are who judge while they enjoy, and enjoy while they judge.

Goethe.

Be as careful of the books you read as of the company you keep. Paxton Hood.

Read great books; enrich your mind with noble sentiments. Dean Farrar.

November 14

As was His custom, He went to the synagogue on the Sabbath, and stood up to read.—Luke iv. 16.

Who reads
Incessantly, and to his reading brings not
A spirit of judgment equal or superior,
Uncertain and unsettled still remains,
Deep versed in books but shallow in himself.
MILTON.

Read your Bibles! Fill your whole souls with the thought of Christ; make of Him not only a Redeemer, but a Brother; not only a Saviour, but a Friend. DEAN FARRAR.

Reading furnishes the mind only with materials of knowledge; it is thinking makes what we read ours. J. LOCKE.

Let us remember it is not *how much* but *how* we read that is of importance.

It is not the number of books you read, nor the variety of sermons which you hear; nor the amount of religious conversation in which you mix, but it is the frequency and the earnestness with which you meditate on those things, till the truth which may be in them becomes your own, and part of your own being, that insure your spiritual growth. F. W. ROBERTSON.

November 15

Thou also hast given me the shield of Thy salvation; and Thy gentleness hath made me great.—2 Samuel xxii. 36.

Only be ye gentle-hearted;
Beauty rich and wisdom rare,
From a gentle spirit parted,
Earneth hate and causeth care.
SIR EDWIN ARNOLD.

As roses grow from rose roots and nettles from nettle roots, because God, the God of order, works in the natural world; so gentleness of spirit and speech is a tree of Paradise, making a little Eden wherever it grows; whilst anger and hatred ever bring curses and unhappiness in their train. J. M. GIBBON.

Gentleness in society is like the silent influence of light, which gives colour to all nature; it is far more powerful than loudness or force, and far more fruitful. SMILES.

It is not a true apology for any coarseness to say that it is natural. The grim woods can afford to be very delicate and perfect in the details. W. WINTER.

November 16

The Lord is good to all; and His tender mercies are over all His works.

Psalm cxlv. 9.

Be good, sweet maid, and let who will be clever;
Do noble deeds, not dream them all day long;
And so make life, death, and that vast forever
One grand, sweet song.

CHARLES KINGSLEY.

How would you have your life summed up? What would you have said of you when you are gone? That you were a successful man; that you built up a large fortune; that you were a clever politician; that you added large territories to the empire? Oh, no. These might be admirable things, and they might be detestable things. This is the highest compliment the world has to give—"He did good in the land, toward God and man." A reputation for scholarship and knowledge would be desirable, but nothing compared with this—"He did good." T. RHONDDA WILLIAMS.

Be just in all thy actions; and if joined
With those that are not, never change thy mind:
If aught obstruct thy course, yet stand not still,
But wind about till thou hast topp'd the hill.

DENHAM.

November 17

He has made Him who knew nothing of sin to be sin for us, in order that in Him we may become the righteousness of God.

2 Corinthians v. 21.

Goodness thinks no ill
Where no ill seems.

MILTON.

By desiring what is perfectly good, even when we don't quite know what it is and cannot do what we would, we are part of the Divine power against evil—widening the skirts of light, and making the struggle with darkness narrower.

GEORGE ELIOT.

If we wish to overcome evil, we must overcome it by good. There are doubtless many ways of overcoming the evil in our hearts, but the simplest, easiest, most universal, is to overcome it by active occupation in some good word or work: DEAN STANLEY.

A good heart is like the sun, for it shines bright and never changes, but keeps its course truly. SHAKESPEARE.

Be seen to do good, but do not do good to be seen. BISHOP WORDSWORTH.

November 18

The Lord is good; His mercy is everlasting; and His truth endureth to all generations.

Psalm c. 5.

Not enjoyment and not sorrow
Is our destined end or way;
But to act that each to-morrow
Find us farther than to-day.

H. W. Longfellow.

We shall find life become easier, and pleasanter, too, with a high aim. It is so much more interesting to try to be very good than to try to be pretty good. It throws a kind of glory and light over the little dull duties of daily life. It helps not ourselves only, but all in our homes, and those amongst whom we live. E. M. Meynell.

Since any day may really be our last, we should live continually as if it were the last. We should make each day that God gives us beautiful enough to be the end of life.

J. R. Miller.

If you are going to do a good thing, do it now; if you are going to do a mean thing, wait till to-morrow. Anon.

Nobody loves you because you are clever,
We love you because you are good.

November 19

You however are to be complete in goodness, as your Heavenly Father is complete.

Matthew v. 48.

Learn to do good,
If not for others' sakes, at least thine own.
Nothing so cheers the heart as usefulness
Or banishes so wondrously our cares.

S. W. Partridge.

The tinsel must be seen at a distance, or it will be discovered to be counterfeit. We may gaze on goodness, and the more we gaze the more it shines; like the sunlight, no less pure and beautiful when it brightens the wayside thistle than when it glistens on the emeralds and the diamonds of a princely diadem.

F. W. Robertson.

We ought to do good to others as simply and as naturally as a horse runs, or a bee makes honey, or a vine bears grapes season after season without thinking of the grapes which it has borne. Marcus Aurelius.

Remember that if the opportunity for *great* deeds should never come, the opportunity for *good* deeds is renewed for you day by day. The thing for us to long for is the goodness, not the glory. Dean Farrar.

November 20

And who will be able to harm you, if you show yourselves zealous for that which is good?
1 Peter iii. 13.

One there lives whose guardian eye
Guides our earthly destiny;
One there lives, who, Lord of all,
Keeps His children lest they fall;
Pass we, then, in love and praise,
Trusting Him through all our days,
Free from doubt and faithless sorrow—
God provideth for the morrow.

R. Heber.

The older I grow, the more I feel the universal truth of this; people do not differ so much in cleverness as in goodness; and cleverness without goodness is the most mischievous of qualities. Creighton.

If we have lost our chief good, other people's good would yet remain, and that is worth trying for. George Eliot.

Ye seek what ye cannot find when ye seek all that is good in one form of good.

King Alfred.

In order to discover good, one must be desirous of finding it. Charles Wagner.

November 21

Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord for ever.—Psalm xxiii. 6.

Not what we wish, but what we want,
Oh, let Thy grace supply;
The good, unask'd, in mercy grant;
The ill, though asked, deny!

JAMES MERRICK.

Liberty is not the right to choose evil, but the right of choice between the various paths that lead to good. MAZZINI.

True goodness is like the glow-worm in this, that it shines most when no eyes, except those of heaven, are upon it.

ARCHDEACON HARE.

If you only seriously want to be good, your progress will be slow, but at the last you will be good. GORE.

We cannot have a good thought, and not enrich the heart. J. H. JOWETT.

There's always room anywhere in the world for a holy thought. HENRY DRUMMOND.

Better not be at all than not be noble.

TENNYSON.

November 22

Oh how great is Thy goodness, which Thou hast laid up for them that fear Thee.

Psalm xxxi. 19.

No generous heart may vainly turn aside
In ways of sympathy; no soul so dead
But may awaken strong and glorified,
If something good be said.

JAMES WHITCOMBE RILEY.

Consider this; your goodness is of no use if you are not good to others. The good of goodness is that you can wrap others inside it. It ought to be like a big cloak that you have on on a cold night, while the shivering person next to you has none. If you don't make use of your goodness, what is the good of it?

MRS. CLIFFORD.

He is not good who is not greatly good.

SHAKESPEARE.

To be good requires an effort; it requires the girded loin and the burning lamp; it requires the soldier's armour and the athlete's nerve; but to be bad, to be treacherous, to be soft, to be lazy, to be impure—that needs nothing but the vainest, the silliest, the emptiest, the most degraded natures. DEAN FARRAR.

November 23

The religious service which is pure and stainless in the sight of our God and Father is to keep one's own self unspotted from the world.—James i. 27.

The mercy that is warm and true
Must lend a helping hand,
For those who talk, yet fail to do,
But "build upon the sand."

ELIZA COOK.

We have only successfully acquired the art of living a Christian life when we have learned to apply the principles of religion, and enjoy its help and comfort in our daily life. It is easy to join in devotional exercises, to quote promises, to extol the beauty of the Scriptures; but there are many who do these things whose religion utterly fails them in the very place and at the very time when it ought to prove their staff and stay. J. R. MILLER.

Religion is meant to be a help, not a hindrance to doing our duty. Ask yourselves, therefore, how your religious observances affect your daily life, your health, your relatives, your neighbours. E. J. G. FORSE.

November 24

Christ having made us gloriously free, stand fast, and do not again be hampered with the yoke of slavery.—Galatians v. 1.

Freedom has a thousand charms to show,
That slaves, howe'er contented, never know.
COWPER.

It is one of the snares of youth, that in passing from childhood to adult age, the new experience of freedom, the desire to assert independence, is apt to beguile into follies and transgressions. . . . But real freedom does not give proof of itself by wilfulness and self-assertion. J. LLEWELLYN DAVIES.

Freedom is not the power to do what we like, but to be what we ought to be.
GORE.

To allow passions, cravings, propensities to rule us and govern and determine our conduct, is to become the worst of slaves. There is absolutely no path to liberty through wrong-doing. The road is barred that way. Freedom comes through discipline.
MARCUS DODS.

Christ's service is the only liberty; all, without this, is serfdom. S. W. PARTRIDGE.

November 25

To him who asks, give; from him who would borrow, turn not away.—Matthew v. 42.

Grant us hearts, dear Lord, to yield Thee
Gladly, freely of Thine own;
With the sunshine of Thy goodness,
Melt our thankless hearts of stone.

To give what we can, much or little, is not only a good to others, but an equal good to ourselves. The right motive of giving is the desire to help, and we cannot help others without in certain deep ways helping ourselves. The true grace of giving is, not by the quantity we give, but by the spirit in which it is given.

J. Vickery.

Sydney Smith, quoting from an unknown writer, says that to place one drop of comfort in the life of one tired spirit every day would be to make three hundred and sixty-five people more or less happy every year. And in thus making his life a stream of blessing to others the Christian would greatly add to his own happiness, since "It is more blessed to give than to receive."

Let us so give that the gift, however small, breathes forth the loving spirit of the giver.

Hugh Stanmore.

November 26

Let us enjoy peace with God through our Lord Jesus Christ.—Romans v. 1.

If you can, so far as it depends on you, live at peace with all the world.
Romans xii. 18.

Grant us Thy peace throughout our earthly life,
Our balm in sorrow, and our stay in strife ;
Then, when Thy Voice shall bid our conflict cease,
Call us, O Lord, to Thine eternal peace.
J. Ellerton.

Adapt thyself to the things with which thy lot has been cast ; and love those with whom it is thy portion to live, and that with a sincere affection. No longer be either dissatisfied with thy present lot, or shrink from the future.
Marcus Aurelius.

The world would be a place of peace if we were all peacemakers, and gentle service should we have of its creatures if we gave them gentle mastery. Ruskin.

We can do no more Christ-like service in this world than habitually and continually to seek to promote peace, to keep people from drifting apart, and to draw friends and neighbours closer together in love. J. R. Miller.

November 27

I have not come to call the righteous to repentance, but sinners.—Luke v. 32.

There will be rejoicing in heaven over one repentant sinner.—Luke xv. 7.

Come to the Saviour now,
  He gently calleth thee;
In true repentance bow,
  Before Him bend the knee;
He waiteth to bestow
  Salvation, peace and love,
True joy on earth below,
  A home in heaven above.

JOHN M. WIGNER.

The surest test by which to distinguish true penitence is to set the penitent about the common duties of life. If, amid the distractions of these things he loses his contrition, it is evident that he was never earnestly contrite.

A. MACKENNAL.

Because I held upon my selfish road,
And left a brother wounded by the way,
And called ambition duty, and pressed on—
  O Lord, I do repent.

S. WILLIAMS.

Fresh virtues are choked by the withered growth of sin which repentance has not cleared away.

HUGH STANMORE.

November 28

O God, be reconciled to me, sinner that I am.—Luke xviii. 13.

Repentance is to leave
The sins we loved before,
And show that we in earnest grieve
By doing so no more.

Repentance is the relinquishment of any practice from the conviction that it has offended God. ADDISON.

We all do wrong, but we must all be taught repentance. You know that the Foolish Virgins were only a little careless and lazy, but they were shut out. It is just that carelessness and laziness which lead to everything that is most wrong. No one means to do anything wrong, but they slip into it. The great cause of all wrong is just doing the easiest and least troublesome thing, and trusting that all will come right. CREIGHTON.

True repentance always begins with a longing after righteousness and God.
JOHANN VON STAUPITZ.

It is never too late for penitence and atonement. CHARLES DICKENS.

November 29

In every circumstance of life be thankful; for this is God's will in Christ Jesus respecting you.—1 Thessalonians v. 18.

O God, I thank Thee for each sight
Of beauty that Thy hand doth give;
For sunny skies, and air, and light;
O God, I thank Thee that I live.

C. A. Mason.

O God, animate us to gratitude! May we have a joyful sense of our blessings, learn to look on the bright circumstances of our lot, and maintain a perpetual contentedness.

Channing.

If, in His gifts and benefits, God were more sparing and close-handed, we should learn to be more thankful. Martin Luther.

A grateful heart, filled with thanksgiving, is a nobler thing than all mere outward worship.

S. W. Partridge.

Try to realise all the blessings you have, and you will perhaps find they are more than you suppose. Many a blessing has been recognised too late. Lord Avebury.

November 30

If ye be willing and obedient, ye shall eat the good of the land.—Isaiah i. 19.

For all who toil at honest fame
A proud, a pure, a deathless name—
For all who love, who loving bless,
Be life one long, kind, close caress;
Be life all love, all happiness!

BAILEY.

To sow bad habits and reap peace of mind is impossible. To sow earth and reap heaven is impossible. To sow self-indulgence and reap joy, is impossible. Youth is our sowing time. We must sow good in youth if we would reap the fruits of joy later. ANON.

The reward of a thing well done is to have done it. EMERSON.

It must be that when the Lord took from me one faculty, He gave me another; which is in no way impossible. I think of the beautiful Italian proverb, "When God shuts a door He opens a window." HELEN KELLER.

If thou hast gathered nothing in thy youth, how canst thou find anything in thine age?

December 1

Whatsoever thy hand findeth to do, do it with thy might.—Ecclesiastes ix. 10.

Think truly, and thy thoughts
Shall the world's famine feed ;
Speak truly, and each word of thine
Shall be a fruitful seed ;
Live truly, and thy life shall be
A great and noble creed.

HORATIUS BONAR.

Greatness in some way, is in all things and in all men ; for the hand of God is there.

W. M. BICKNELL.

What your heart thinks great is great. The soul's emphasis is always right.

EMERSON.

A great effort may be made in a moment of excitement, but continual little efforts can only be made on principle. GOULBURN.

True greatness consists in being great in little things. DR. JOHNSON.

We should impart our courage and not our despair. THOREAU.

If thou must covet greatness, covet it within the orbit God assigns to thee ; never beyond it.

December 2

Our earthly fathers used to discipline us and we treated them with respect, and shall we not be still more submissive to the Father of our spirits, and live?—Hebrews xii. 9.

My times are in Thy hand;
Why should I doubt or fear?
My Father's hand will never cause
His child a needless tear.

W. F. Lloyd.

The things we, in our ignorance, desire, might in the end work us great ill; the things from which we shrink may carry rich blessings for us; so we should not dare to choose for ourselves what our life experiences shall be.

J. R. Miller.

Fall into line with God's purposes, if you would walk by a straight path.

A quiet heart, submissive, meek,
Father, do Thou bestow,
Which more than granted will not seek
To have, or give, or know.

G. Macdonald.

You will gain infinitely by sacrificing your own little tastes to those of others.

Lord Chesterfield

December 3

Teach me to do Thy will; for Thou art my God.—Psalm cxliii. 10.

Here, then, to Thee Thy own I leave;
Mould as Thou wilt Thy passive clay;
But let me all Thy stamp receive,
But let me all Thy words obey,
Serve with a simple heart and eye,
And to Thy glory live and die.

CHARLES WESLEY.

Let every disappointment or misjudgment we may meet with in our daily course but send us to the Father, to learn deeper depths of His unfathomed love, and all will be well.

CHARLOTTE MURRAY.

The chief way to practise virtues is not by a direct and formal reflection upon them, but by a virtuous and vigorous bending of the will to God. CASTANIZA.

Let us submit willingly to the restraints which are put upon us. So much depends upon our trustful acceptance of facts and events over which we have no control.

HUGH STANMORE.

December 4

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.—Proverbs xvi. 32.

My God, my Father, while I stray
Far from my home, on life's rough way,
O teach me from my heart to say,
"Thy will be done."

Renew my will from day to day,
Blend it with Thine and take away
All that now makes it hard to say,
"Thy will be done."

CHARLOTTE ELLIOTT.

He who has not yet thoroughly conquered himself is easily tempted and overcome in little and trivial matters. THOMAS À KEMPIS.

The bravest trophy ever man obtained,
Is that which o'er himself, himself hath gained.

STIRLING.

Restrain your tongues, your appetites and your passions. ANACHARSIS.

There is yet to be realised the true greatness of willing submission.

December 5

I am thankful to Him who made me strong—even Christ Jesus our Lord—because He has judged me to be faithful and has put me into His service.—1 Timothy i. 12.

Give me a heart, O Lord, strong to endure,
Help me to keep it simple, pure ;
Make me unselfish, helpful, true
In every act, whate'er I do,
And keep content. ANON.

Weakness is fatal. Don't be weak. The weak may do worse things than the wicked. When evil offers itself to you, say *No*—say it and stick to it. It is the first concession that is so serious. So long as you are on the level ground it is well with you ; but if once you begin to slip it is terribly hard to stop yourself.
J. E. C. WELLDON.

Beware of dissipating your powers ; strive constantly to consecrate them. Genius thinks it can do whatever it sees others doing ; but it is sure to repent of every ill-judged outlay.
GOETHE.

A resolve made in your *own* strength, of what value is it ? DEAN FARRAR.

December 6

Be ye strong, therefore, and let not your hands be weak; for your work shall be rewarded.
2 Chronicles xv. 7.

There are stony ways to tread;
Give the strength we sorely lack;
There are tangled paths to thread;
Light us, lest we miss the track.
Holy Jesus, day by day
Lead us in the narrow way.

W. W. How.

"Be strong in the Lord, and in the power of His might"—not in your own, for you have none. The strongest man is he who has learned to confess his own weakness, and lean entirely on God as his strength.

M. E. Briscoe.

Oh, do not pray for easy lives. Pray to be stronger men and women. Do not pray for tasks equal to your powers. Pray for powers equal to your tasks. Then the doing of your work shall be no miracle. Every day you shall wonder at yourself, at the richness of life which has come to you by the grace of God.

Phillips Brooks.

Oh, it is excellent
To have a giant's strength; but it is tyrannous
To use it like a giant. Shakespeare.

December 7

For you know the condescending goodness of our Lord Jesus Christ—how for your sakes He became poor, though He was rich, in order that you through His poverty might grow rich.
2 Corinthians viii. 9.

Let the lowliest task be mine,
Grateful so the work be Thine;
If there be some weaker one,
Give me strength to help him on;
If a blinder soul there be,
Let me guide him nearer Thee.

J. G. Whittier.

There is no life so humble but that, if it be true and genuinely human and obedient to God, it may hope to shed some of His light. There is no life so meagre that the greatest and wisest of us can afford to despise it. We cannot know at all at what sudden moment it may flash forth with the life of God.

Phillips Brooks.

Don't be vexed because you are not first. We cannot all be the eldest. Someone must be the youngest. The way to rise high in Christ's kingdom is to serve much.

Andrew A, Bonar.

December 8

And all of you must gird yourselves with humility towards one another, for God sets Himself against the proud, but gives grace to the humble.—1 Peter v. 5.

Whate'er your parts or virtues be,
Oh, cultivate humility;
Be unobtrusive, meek, retired,
Seek to be useful, not admired.

The possession of the ability to influence others is no reason for self-congratulation or pride. What have you that you have not received? It is God's gift; therefore take it humbly and gratefully, not in order to win praise, but that you may fulfil nobly the task which it brings with it.

MARIANNE FARNINGHAM.

It is hard work sometimes to pocket our pride, and stand being scolded and snubbed without resenting it angrily. Ah! God knows all that, and "He resisteth the proud and giveth grace to the humble." M. E. BRISCOE.

If there be any good in thee, believe that there is much more in others,—that so thou mayest preserve humility within thee.

THOMAS À KEMPIS.

December 9

Humble yourselves therefore beneath the mighty hand of God, so that at the right time He may set you on high.—1 Peter v. 6.

Though lowly here our lot may be,
High work have we to do,
In faith, O Lord, to follow Thee,
Whose lot was lowly too.
Thus may we make the lowliest lot
With rays of glory bright;
Thus may we turn a crown of thorns
Into a crown of light.

W. Gaskell.

If praise comes unsought, it is well, whilst men are uttering it, to guard yourself by thinking of some secret cause for humbling yourself inwardly to God; thinking unto what these pleasant accents would be changed if all that is known to God, or even to yourself, stood suddenly revealed to man.

S. Wilberforce.

The true way to be humble is not to stoop till thou art smaller than thyself but to stand at thy real height against some higher nature.

Phillips Brooks.

Hasten slowly, and, without losing heart, put your work twenty times upon the anvil.

Boileau.

December 10

Though the Lord be high, yet hath He respect unto the lowly: but the proud He knoweth afar off.—Psalm cxxxviii. 6.

Do nothing in a spirit of factiousness or of vain-glory, but with true humility.

Philippians ii. 3.

What shall be our word for Jesus? Master
give it day by day;
Ever as the need arises, teach Thy children
what to say.
Give us holy love and patience; grant us
deep humility,
That of self we may be emptied, and our
hearts be full of Thee.

FRANCES R. HAVERGAL.

It is never too late to give up our prejudices.

THOREAU.

We have no right to feel badly because other people do not like us. A. K. H. B.

Be not too forward. Better be twice asked,
Than speak unbidden. The obtruded song
Is seldom worth the hearing.

S. W. PARTRIDGE.

God sets Himself against the haughty, but to the lowly He gives grace. ST. JAMES.

December 11

Ye shall observe to do therefore as the Lord your God hath commanded you: ye shall not turn aside to the right hand or to the left.
Deuteronomy v. 32.

When thou wakest in the morning,
  Ere thou tread the untried way
Of the lot that lies before thee
  Through the coming busy day;
Whether sunbeams promise brightness
  Whether dim forebodings fall,
Be thy dawning glad or gloomy,
  Go to Jesus—tell Him all.

GEORGINA M. TAYLOR.

Accustom yourself to let your mental prayer spread over all your daily external occupations.
FÉNELON.

Hasty resolutions are of the nature of vows; and to be equally avoided. WILLIAM PENN.

Jonathan Edwards, when a boy, wrote in his journal, "Resolved to live with all my might while I do live."

When thou seest righteousness, quickly follow it; when thou seest iniquity, instantly flee. BUDDHA.

December 12

Every one who is guilty of sin is also guilty of violating Law; for sin is the violation of Law.—1 John iii. 4.

The wages paid by sin are death; but God's free gift is the life of the ages.—Romans vi. 23.

A little thing may shut out from the eye
The great bright world around. So, smallest sins,
Nursed and unchecked, may darken all the soul
To truth, and Christ, and heaven.

S. W. PARTRIDGE.

Never let us be discouraged with ourselves. It is not when we are conscious of our faults that we are the most wicked; on the contrary, we are less so. We see by a brighter light; and let us remember, for our consolation, that we never perceive our sins till we begin to cure them. FÉNELON.

Sin may be clasped so close we cannot see its face,
Nor seen nor loathed until held from us a small space.

R. C. TRENCH.

No one is wicked without loss and punishment. EPICTETUS.

All have sinned and come short of the glory of God. ST. PAUL.

December 13

The customs of the people are vain.
Jeremiah x. 3.

Sow truth if thou the truth would'st reap,
Who sows the false shall reap the vain;
Erect and sound thy conscience keep;
From hollow words and deeds refrain.

Sow love, and taste its fruitage pure;
Sow peace, and reap its harvest bright;
Sow sunbeams on the rock and moor,
And find a harvest home of light.

H. Bonar.

Self-respect, self-help, application, industry, integrity—all are of the nature of habits, not beliefs. Principles, in fact, are but the names which we assign to habits; for the principles are words, but the habits are the things themselves. Smiles.

It is just as easy to form a good habit as it is to form a bad one. And it is just as hard to break a good habit as a bad one. So get the good ones and keep them. McKinley.

Habit is a cable. We weave a thread of it every day, and at last we cannot break it.

December 14

You have a custom.—John xviii. 39.

Habits are soon assumed ; but when we strive
To strip them off, 'tis being flayed alive.

COWPER.

Beware of a bad habit. It makes its first appearance as a tiny fay, and is so innocent, so playful, so minute, that it seems hardly worth while to whisk it away. The trick is a good joke, the lie is white, the glass is harmless, the theft is only a few apples, the bet is only sixpence, the debt is only half-a-crown. But the tiny fay is capable of becoming a tremendous giant ; and if you connive and harbour him, he will nourish himself at your expense, and then, springing on you as an armed man, will drag you down to destruction.

DR. J. HAMILTON.

Unless the habit leads to happiness, the best habit is to contract none. ZIMMERMAN.

The diminutive chain of habit is scarcely heavy enough to be felt till it is too strong to be broken. DR. JOHNSON.

It is only necessary for one vicious habit to become established and expand in order to throw the whole mind out of balance.

CHARLES WAGNER.

December 15

For who hath despised the day of small things?—Zechariah iv. 10.

In all the little things of life,
  Thyself, Lord, may I see;
In little and in great alike
  Reveal Thy love to me.

So shall my undivided life
  To Thee, my God, be given;
And all this earthly course below
  Be one clear path to heaven.

H. Bonar.

It is harder always to be faithful in small, obscure, unpraised things, than in things that are brilliant and conspicuous. More persons fail in doing the little things, the common prosaic things of everyday life than in doing the greater and more prominent things. Hence it is here that we need to keep double watch upon ourselves. All fraying out of character begins with one little thread left loose.

J. R. Miller.

Small kindnesses, small courtesies, small considerations, habitually practised in our social intercourse, give a greater charm to the character than the display of great talents and accomplishments. M. A. Kelty.

December 16

Do you not know that a little yeast corrupts the whole of the dough?—1 Corinthians v. 6.

A little light may brightly shine
  Athwart this world of gloom,
May guide the feet of youth and age,
  And lead some lost one home.

Our Saviour loves to freshly fill
  The lamps we bear for Him;
Oh, may we ever faithful prove,
  Nor let our lights grow dim!

KATE S. BURR.

It is natural for us to think if we could do some great exploit, or carry through some great piece of self-denial, we should be high in the kingdom. But it is not so. It is doing something that nobody sees but the Master Himself, and no one knows but He.

ANDREW A. BONAR.

A little neglect may breed mischief; for want of a nail the shoe was lost; for want of a shoe the horse was lost; and for want of a horse the rider was lost.

BENJAMIN FRANKLIN.

Little things are not without their force, nor mighty ones without their weakness.

December 17

Better is a little with righteousness than great revenues without right.—Proverbs xvi. 8.

She doeth little kindnesses
Which most leave undone or despise
For nought which sets one heart at ease,
And giveth happiness or peace,
Is low-esteemèd in her eyes.

LOWELL.

Don't object that your duties are so insignificant; they are to be reckoned of infinite significance and alone important to you. Were it but the more perfect regulation of your apartments, the sorting away of your clothes and trinkets, the arranging of your papers: "Whatsoever thy hand findeth to do, do it with all thy might," and all thy worth and constancy.

CARLYLE.

To do little things in a great spirit, to use little opportunities for a great end—this is the way of greatness.

ARCHBISHOP GORDON LANG.

Opportunities for doing *greatly* seldom occur; life is made up of infinitesimals. If you compute the sum of happiness in any given day you will find that it was composed of small attentions and kind looks.

F. W. ROBERTSON.

December 18

God has chosen the things which the world regards as foolish, in order to put its wise men to shame.—1 Corinthians i. 27.

A little thing
May cast its shadow over half a life;
An act, itself unnoticeably small,
Mar all our future days.

S. W. Partridge.

Little self-denials, little honesties, little passing words of sympathy, little nameless acts of kindness, little silent victories over favourite temptations; these are the little threads of gold which, when woven together, gleam out so brightly in the pattern of life that God approves. Dean Farrar.

Do not say one day is very like another. The Lord makes a great deal of each day. Let us begin every day rightly, and then we may expect the hours to go well.

Andrew A. Bonar.

I will account no sin little, since the least works out the death of the soul. It is all one whether I be drowned in the ebb on the shore, or in the midst of the deep sea.

Bishop Hall.

December 19

Better is little with the fear of the Lord than great treasure and trouble therewith.

Proverbs xv. 16.

Our Saviour said, "Let *your* light shine!"
Then lift your lamp on high;
If trimmed by constant faith and prayer,
'Twill shine in purity.

The little lamps, divinely lit,
Should never dimly glow;
The world is dark, and dangers lurk
Near every path below.

KATE S. BURR.

Let us watch over ourselves in little things even more carefully than in those which seem great. S. WILBERFORCE.

There are two sorts of little things; those that you cannot afford to miss, and those that you cannot afford to notice.

As daylight can be seen through very small holes, so little things will illustrate a person's character. SMILES.

Beware of little sins.
How very small a cloud may hide the sun,
And darken all the welkin!

S. W. PARTRIDGE.

December 20

I take pleasure in infirmities . . . for when I am weak then I am strong.

2 Corinthians xii. 10.

There's not a child so small and weak
But has his little cross to take,
His little work of love and praise
That he may do for Jesus' sake.

C. F. Alexander.

It is the small things of life that test our mettle. The honour that will not reap advantage through a trifling meanness, though no eye but God's should ever see it; that holds the broken envelopes of another's letter as sacred as a seal. The truthfulness that will let pass the chance of making money, if it be through a quibble, or any colouring of the truth. In these and many other ways, the everyday events of our life put our honour to the test. Mary S. Prance.

Take care of small sins, for if you get victory over small sins you have got pretty well on.

Andrew A. Bonar.

Despise not anything because 'tis small;
A gem is never bulky. S. W. Partridge.

December 21

The conies are but a feeble folk, yet make they their houses in the rocks.—Proverbs xxx. 26.

Little is much if God is in it;
So work with God, and nothing's lost;
Who hath His smile does best and most.

It is while you are patiently toiling at the little tasks of life that the meaning and shape of the great whole of life dawns upon you. It is while you are resisting little temptations that you are growing strong. ANON.

It does not matter if the greatest thing for you to do be not in itself great. The best preparation for greatness comes in doing faithfully the little things that lie nearest. The nearest is the greatest in most human lives.
D. S. JORDAN.

Do well the little things now; so shall great things come to thee by and by, asking to be done. PERSIAN PROVERB.

The world moves along, not only by the gigantic shoves of its hero workers, but by the aggregate tiny pushes of every honest toiler.
J. R. GREEN.

December 22

The Lord is my rock, and my fortress, and my deliverer.—2 Samuel xxii. 2.

Father of love, our Guide and Friend,
O lead us gently on,
Until life's trial-time shall end,
And heavenly peace be won!
We know not what the path may be
As yet by us untrod;
But we can trust our all to Thee,
Our Father and our God.

W. J. Irons.

There is nothing in the world can hurt us if the shadow of the Cross falls upon that thing. There is nothing in the world that cannot stand that test but will lead to our lasting ruin.

Bishop Winnington Ingram.

If we look down, then our shoulders stoop. If our thoughts look down, our character bends. It is only when we hold our heads up that the body becomes erect. It is only when our thoughts go up that our life becomes erect.

A. C. McKenzie.

Go your way straight to God's work, in simplicity and singleness of heart.

Florence Nightingale.

December 23

Teach me Thy way, O Lord, and lead me in a plain path, because of mine enemies.
Psalm xxvii. 11.

God means every one to be happy, be sure
He sends us no sorrows that have not some cure;
Our duty down here is to do, not to know,
Live as though life were earnest, and life will be so.
Owen Meredith.

Let it make no difference to thee whether thou art cold or warm, if thou art doing thy duty. Marcus Aurelius.

Whatever he did always received his whole attention as though there had been nothing before it, and nothing more were to be done after it. Life of St. Francis de Sales.

I don't care a rap—I haven't time not to do right. Duke of Wellington.

When duty calls, we have nothing whatever to do with hindrances and difficulties. It is ours only to obey, even though obedience seems impossible. J. R. Miller.

There is not a moment without some duty.
Cicero.

December 24

Blessed is every one that feareth the Lord; that walketh in His ways.—Psalm cxxviii. 1.

If thou hast yesterday thy duty done,
And thereby cleared firm footing for to-day,
Whatever clouds make dark to-morrow's sun,
Thou shall not miss thy solitary way.

GOETHE.

Be not diverted from your duty by any idle reflections the silly world may make upon you, for their censures are not in your power, and consequently should not be any part of your concern. EPICTETUS.

You have a disagreeable duty to do at twelve o'clock. Do not blacken nine and ten, and all between with the colour of twelve. Do the work of each and reap your reward in peace.

G. MACDONALD.

Attempt easy tasks as if they were difficult, and difficult as if they were easy.

There is time for everything in the course of the day, if you do but one thing at once; but there is not time enough in the year, if you will do two things at a time.

LORD CHESTERFIELD.

December 25

We returned all of us to the wall, every one unto his work.—Nehemiah iv. 15.

There is something to live for and something
to love
Wherever we wander, wherever we rove.
There are thousands of sad ones to cheer and
sustain,
Till the hopes that are hidden beam o'er them
again. RICHARD REALF.

The best teacher of duties that still lie dim to us is the practice of those we see and have at hand. CARLYLE.

Each day is, in a certain sense, a complete life by itself. It has its own duties, its own trials, its own burdens, and its own needs. It has enough to fill heart and hands for the one full day. We cannot use its life well, and use any of its strength outside of itself. The best we can do is to live the one day well.
J. R. MILLER.

We cannot always be doing a great work, but we can always be doing something that belongs to our condition. To be silent, to suffer, to pray when we cannot act, is acceptable to God. FÉNELON.

December 26

To obey is better than sacrifice, and to hearken than the fat of rams.

1 Samuel xv. 22.

Put thou thy trust in God,
In duty's path go on;
Fix on His word thy steadfast eye,
So shall thy work be done.

GERHARDT.

Were your duties ever so small, I advise you, set yourself with double and treble energy and punctuality to do them, hour after hour, day after day. CARLYLE.

Every duty we omit obscures some truth we should have known. RUSKIN.

To do some great thing is the craving of early ambition; to do quiet duty honestly and without serious falls satisfies the heart when youth disappears. R. W. DALE.

Put duty always before pleasure. Never reverse this order; never let pleasure interfere with the times of duty; never let pleasure usurp the place of duty, never let pleasure infringe on the domain of duty.

DEAN FARRAR.

December 27

Take diligent heed to do the commandment and the law.—Joshua xxii. 5.

To labour and to love,
To pardon and endure,
To lift thy heart to God above,
And keep thy conscience pure –

Be this thy constant aim,
Thy hope, thy chief delight ;
What matter who should whisper blame,
Or who should scorn or slight ?

ANNE BRONTË.

One sound always comes to the ear that is open ; it is the steady drum-beat of duty. No music in it, perhaps, only a dry rub-a-dub. Ah, but that steady beat marks the time for the whole orchestra of earth and heaven ! It says to you, " Do your work,—do the duty nearest you ! " Keep step to that drum-beat and the dullest march is taking you home.

GEORGE S. MERRIAM.

It is by doing our duty that we learn to do it. E. B. PUSEY.

The Bible never speaks of " good resolutions," but again and again of " purpose." And this is what we want—that " with purpose of heart " we should " cleave unto the Lord."

F. R. HAVERGAL.

December 28

For I have kept the ways of the Lord, and have not wickedly departed from my God.
2 Samuel xxii. 22.

There's life alone in duty done,
And rest alone in striving.
J. G. WHITTIER.

The only way to have a year at its close stainless and beautiful, is to keep the days as they pass all pure and lovely with the loveliness of holy, useful living. It is in little days that our years come to us, and we have but the one small fragment to fill and beautify at a time. God never gives us years or even weeks; He gives us only days. If we live each day well, all our life will, in the end, be radiant and beautiful. J. R. MILLER.

At our very doors, in our own homes, our opportunities, our duties are waiting for us. It is there where we may take up the yoke of our Lord and live the noble life. It is the way in which we spend each day that comes to us, the good temper, the kind words, the love, the helpfulness, that make the real poetry and beauty of our lives. J. VICKERY.

For never anything can be amiss,
When simpleness and duty tender it.
SHAKESPEARE.

December 29

You . . . when you have obeyed all the orders given you, must say, "There is no merit in our service; what we have done is only what we were in duty bound to do."

Luke xvii. 10.

Waste not thine energies in vain regretting,
But strive thy present duties to fulfil.
The past is dead, it is beyond recalling,
But we may mould the future as we will.

Emma Endicott Hicks.

The one secret of life and development is not to devise and plan, but to fall in with the forces at work—to do every moment's duty aright. G. Macdonald.

Your daily duties are a part of your religious life just as much as your devotions are.

H. W. Beecher.

Duty is not large, is not noble, that has not a love at its heart. When we do what we do for another's sake, the labour is changed into a pleasant ministry, and we are the most happy when we are giving up the most.

J. Vickery.

Get thy tools ready, God will find thee work.

R. Browning.

December 30

So teach us to number our days, that we may apply our hearts unto wisdom.

Psalm xc. 12.

To-morrow cheats us all. Why dost thou stay
And leave undone what should be done to-day?

JABEZ HUGHES.

Each day, each week, each month, each year is a new chance given you by God. A new chance, a new leaf, a new life—this is the golden, the unspeakable gift which each new day offers you. DEAN FARRAR.

Idleness is always demoralising. You cannot be too careful as to the use you make of your leisure hours. THAIN DAVIDSON.

The moments we forego, eternity itself cannot retrieve. ANON.

He lives long that lives well, and time misspent is not lived, but lost. T. FULLER.

Be doing, and waste not life's precious hours
In idle rev'rie. Get upon the line,
And dream not at the station all the day,
Till every train has passed.

S. W. PARTRIDGE.

December 31

Boast not thyself of to-morrow; for thou knowest not what a day may bring forth.
Proverbs xxvii. 1.

One by one the sands are flowing,
One by one the moments fall;
Some are coming, some are going,
Do not strive to grasp them all.

One by one thy duties wait thee,
Let thy whole strength go to each;
Let no future dreams elate thee,
Learn thou first what these can teach.
A. A. Procter.

Think that this day will never dawn again.
Dante.

If the world contains a genuine fool, it is the young man who throws away his time. Some things God gives often, others only once. Youth belongs to the latter category, and once wasted cannot be redeemed. No treasure so precious, no waste so ruinous. Thain Davidson.

Nothing is more precious than time, and those who misspend it are the greatest of all prodigals. Theophrastus.

Seize the present! Trust to-morrow e'en as little as you may. Horace.

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